My Running Log

FOR

_____

1) Planned Duration (mins)	
2) **Actual Duration (mins)**	
3) Planned Distance (miles)	
4) **Actual Distance (miles)**	
5) Speed (mph)	

Calc = (4) ÷ [(2) ÷60]

Post Workout Comments:

Optional:

Sleep Hours

	None										Extreme
Soreness	0	1	2	3	4	5	6	7	8	9	10
Fatigue	0	1	2	3	4	5	6	7	8	9	10
Stress	0	1	2	3	4	5	6	7	8	9	10

	Best										Worst
Sleep Quality	0	1	2	3	4	5	6	7	8	9	10
Overall Health	0	1	2	3	4	5	6	7	8	9	10

Running BLUEPRINT