MONTHLY RUNNING LOG



	Day of the Week					Pedometer			
Date	the Week	Location	Distance	Time	Pace	Pedometer Steps	Shoes	Terrain	How Do I Feel?
1									
1									
1									
1									
1									
1									
1.									
1									
1									
1									
1									
1									
1									
1	1								
1	_		_			_			-
	1								
-1									
	_		_						
			_						
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1									
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1									
1									
1									
1									
-10									
1									

Running Schedule Log

M Lipman

Running Schedule Log:

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