

Walking/Jogging/Running Journal

	Day 1 (Time/Distance)	Day 2 (Time/Distance)	Day 3 (Time/Distance)	Day 4 (Time/Distance)	Day 5 (Time/Distance)	Day 6 (Time/Distance)	Day 7 (Time/Distance)
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							
Week 9							
Week 10							

