

## Denison Walking or Running Log

Week Number \_\_\_\_\_

Weekly Goal \_\_\_\_\_

Day	Time or Distance	Intensity	Comments
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total			

Goal(s) Attained? \_\_\_\_\_

Week Number \_\_\_\_\_

Weekly Goal \_\_\_\_\_

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Goal(s) Attained? \_\_\_\_\_

