



WALK TO RUN CLUB

Weekly Running Log

Way to go Warrior! Use this form to track how much you've been running and how you have been feeling after you run.

Warrior name

Week of

Goals

Monday

Date

Who did you run with?

How far/long did you run?

How did you feel afterwards?

Tuesday

Date

Who did you run with?

How far/long did you run?

How did you feel afterwards?

Wednesday

Date

Who did you run with?

How far/long did you run?

How did you feel afterwards?

Thursday

Date

Who did you run with?

How far/long did you run?

How did you feel afterwards?

Friday

Date

Who did you run with?

How far/long did you run?

How did you feel afterwards?

Saturday

Date

Who did you run with?

How far/long did you run?

How did you feel afterwards?

Sunday

Date

Who did you run with?

How far/long did you run?

How did you feel afterwards?