

My Running/Walking/Jogging Journal



Date May 15	Starting Point	Finishing Point	Distance (km/miles)	Time (minutes)	Weather – raining/windy/sunny/cloudy	How I felt – Energised/Amazing/On fire!/Tired
09/06/2020	e.g. house/shops/park	e.g. my house	e.g. 1 mile	30.04	- <u>;</u>	©