

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> | © |
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