



### In Motion Fit Running, Walking and Exercise Log

Week	Day	Date	Exercise done	Distance or time	Route or location	How was it? Comments.
1	<b>Weekly Goal:</b>					
	Monday					
	Tuesday					
	Weds.					
	Thursday					
	Friday					
	Saturday					
	Sunday					
2	<b>Weekly Goal:</b>					
	Monday					
	Tuesday					
	Weds.					
	Thursday					
	Friday					
	Saturday					
	Sunday					



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Week	Day	Date	Exercise done	Distance or time	Route or location	How was it? Comments.
<b>3</b>	<b>Weekly Goal:</b>					
	Monday					
	Tuesday					
	Weds.					
	Thursday					
	Friday					
	Saturday					
	Sunday					
<b>4</b>	<b>Weekly Goal:</b>					
	Monday					
	Tuesday					
	Weds.					
	Thursday					
	Friday					
	Saturday					
	Sunday					