

NAME: _____

DATE: _____ TIME: _____

WEATHER (circle one or more): Sunny, cloudy, hot, cool,
rainy, windy, other _____

DISTANCE OR DURATION OF RUN: _____

THOUGHTS ABOUT MY RUN: _____

DATE: _____ TIME: _____

WEATHER (circle one or more): Sunny, cloudy, hot, cool,
rainy, windy, other _____

DISTANCE OR DURATION OF RUN: _____

THOUGHTS ABOUT MY RUN: _____
