RUNNING & STEPS

Weekly Mileage Log

Distance • time • pace • how it felt

Metric	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Distance							
Time							
Avg pace							
Steps							
Feeling 1–5							
Notes							

Weekly total km / miles

Long-run plan

RUNNING & STEPS

Month at a Glance

Shade days you moved

Mon	Tue	Wed	Thu	Fri	Sat	Sun
☐ steps	☐ steps	☐ steps	☐ steps	☐ steps	☐ steps	☐ steps
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