

Name		Daily/Monthly Goals		Week
Day	Date	Workout		Comments
<i>Monday</i>				Hrs of sleep _____
	Food			Feeling (1-10)
	Morning			Discuss
Afternoon				
Evening			Miles _____	
Day	Date	Workout		Comments
<i>Tuesday</i>				Hrs of sleep _____
	Food			Feeling (1-10)
	Morning			Discuss
Afternoon				
Evening			Miles _____	
Day	Date	Workout		Comments
<i>Wednesday</i>				Hrs of sleep _____
	Food			Feeling (1-10)
	Morning			Discuss
Afternoon				
Evening			Miles _____	
Day	Date	Workout		Comments
<i>Thursday</i>				Hrs of sleep _____
	Food			Feeling (1-10)
	Morning			Discuss
Afternoon				
Evening			Miles _____	

Day	Date	Workout	Comments
<i>Friday</i>			Hrs of sleep _____
	<b>Food</b>		Feeling ( 1-10 )
	Morning		Discuss
	Afternoon		
Evening		Miles _____	
Day	Date	Workout	Comments
<i>Saturday</i>			Hrs of sleep _____
	<b>Food</b>		Feeling ( 1-10 )
	Morning		Discuss
	Afternoon		
Evening		Miles _____	
Day	Date	Workout	Comments
<i>Sunday</i>			Hrs of sleep _____
	<b>Food</b>		Feeling ( 1-10 )
	Morning		Discuss
	Afternoon		
Evening		Miles _____	
<b>Estimated Weekly Miles</b>		<b>Actual Weekly Miles</b>	
<b>Total Miles</b>			

Notes: