

RUNNING LOG

Name:

Date	Distance (km)	Duration (min)	Comments	Distance to Date
APRIL 2	2 KMS	25 MIN	WOOHOO! RAN 2 KMS!	2 KMS!



Date	Distance (km)	Duration (min)	Comments	Distance to Date

Helpful tips:

- Run 3 times per week
- Increase your distance gradually
- Use proper form
- Pace yourself
- Push yourself, take an extra 30 minutes before walking
- Fuel up with a healthy diet
- Be safe



Alberta Medical Association