

Thank you for downloading the Beginner to Finisher Mini Runner's Journal. This is an excerpt from the 6 x 9 paperback version of the journal. If you would like to purchase the 117-page paperback, 52-week runner's journal click below:

Purchase *Beginner to Finisher Runner's Journal*:
<http://geni.us/RunnersJournal>



This 7-page mini journal provides the following:

- Personal Records Log for 1 mile, 5K, 10K, Half Marathon, Marathon, and Ultra Marathon.
- Weekly goals, notes, mantras.
- A goals log and victory log
- A weekly log sheet.

For best use of the mini journal, print these out on an 8 ½ by 11 ½ sheet of paper.

Thanks,
Scott Morton

**** The mini journal starts on the next page ****




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Publishing

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Beginner to Finisher Runner's Journal

by Scott Oscar Morton

**THIS JOURNAL
BELONGS TO:**

GOALS

WEEK: _____ **DATE:** _____ - _____

Beginning Weight: _____ Ending Weight: _____

WEEKLY MANTRAS / AFFIRMATIONS

WEEKLY GOALS

WEEKLY NOTES

	Time	Activity	Distance	Pace	Total Duration	Notes
MON						
TUES						
WED						
THUR						
FRI						
SAT						
SUN						
Weekly Total:						
YTD Total (Last Week):						
YTD Total:						

WEEK: _____ **DATE:** _____ - _____

Beginning Weight: _____ Ending Weight: _____

WEEKLY MANTRAS / AFFIRMATIONS

WEEKLY GOALS

WEEKLY NOTES

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