

MY NAME IS _____



MY FIT KIDS COACHES ARE ALI MOLNAR & MIKE BROWER

My Running Log

| WEEK | MON | TUES | WED | THUR | FRI | SAT | SUN | + MILES (run with parent) | TOTAL | PARENT INITIALS |
|------|-----|------|-----|------|-----|-----|-----|------------------------------|-------|-----------------|
| 1 | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 2 | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 3 | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 4 | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 5 | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 6 | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 7 | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 8 | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 9 | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 10 | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 11 | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 12 | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 13 | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 14 | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 15 | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ |

COMMENTS: _____

