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# Running Journal

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A 30-Day Guided Journal



Table / Log

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# How to Use This Journal

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Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Log date and distance in kilometres after each run
  - Record duration in minutes and calculate or write your pace (min/km)
  - Enter average heart rate and rate your effort on the RPE scale (1-10)
  - Note the route name and weather conditions for context
  - Add any notes — how you felt, what went well, what to adjust next time



Scan for a detailed guide on how to use this journal



























































