The Run Tracker

Print one for each run and put it somewhere you can't avoid at bedtime. Shade a box for the full move, put a dot in it for the minimum and leave it empty for a miss or a rest day, with one word on the notes line. This page is for printing; write on it by hand.

MY 30-DAY MAXX RUN

Area: _____

Daily move: _____

Minimum: _____

1	2	3	4	5	6	7	8	9	10

NOTES (one word per empty box) _____

11	12	13	14	15	16	17	18	19	20

NOTES (one word per empty box) _____

21	22	23	24	25	26	27	28	29	30

NOTES (one word per empty box) _____

■ **FULL** ◉ **MINIMUM** □ **EMPTY**

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