

FRIDAY

DATE	DURATION	DISTANCE	HEART RATE	TEMP
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COMMENTS (i.e. type of exercise; pace):

SATURDAY

DATE	DURATION	DISTANCE	HEART RATE	TEMP
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COMMENTS (i.e. type of exercise; pace):

SUNDAY

DATE	DURATION	DISTANCE	HEART RATE	TEMP
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COMMENTS (i.e. type of exercise; pace):

SUMMARY

WEEK'S TOTAL	MONTH'S TOTAL	YEAR'S TOTAL
LONGEST RUN-WALK	SHORTEST RUN-WALK	AVERAGE RUN-WALK

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