ZenDuel

WORKOUT & RUN LOG

2027

Every workout is one brushstroke. Close the circle each day you move.

This calendar belongs to _____

SUN	MON	TUE	WED	THU	FRI	SAT
	1 DAY ONE DID MI TIME	2 DID MI TIME	3 DID MI TIME	4 DID MI TIME	5 DID MI TIME	6 DID MI TIME
7 DID MI TIME	8 DID MI TIME	9 DID MI TIME	10 DID MI TIME	11 DID MI TIME	12 DID MI TIME	13 DID MI TIME
14 V-DAY DID MI TIME	15 DID MI TIME	16 DID MI TIME	17 DID MI TIME	18 DID MI TIME	19 DID MI TIME	20 DID MI TIME
21 DID MI TIME	22 DID MI TIME	23 DID MI TIME	24 DID MI TIME	25 DID MI TIME	26 DID MI TIME	27 DID MI TIME
28 LAST ONE DID MI TIME						

How to use it

Write your name up top. On every day you run or work out, close the circle with one stroke, note what you did, and jot the miles and time. Add it all up at the bottom on the 28th.

ZenDuel rule: a missed day doesn't break the circle. Just pick up the brush tomorrow.

WORKOUTS	RUNS	TOTAL MILES	LONGEST RUN