ZenDuel

WORKOUT & RUN LOG

January

2027

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

This calendar belongs to _____

SUN	MON	TUE	WED	THU	FRI	SAT

My goal this month

_____

_____

1 NEW YEAR — 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 — 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 — DID / MI / TIME

29 — DID / MI / TIME

30 — DID / MI / TIME

31 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 31st.

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

WORKOUTS	RUNS	TOTAL MILES	LONGEST RUN