ZenDuel

WORKOUT & RUN LOG

November

2026

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** 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** TURKEY TROT DID MI TIME	**27** DID MI TIME	**28** DID MI TIME
29 DID MI TIME	**30** 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 30th.

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

WORKOUTS	RUNS	TOTAL MILES	LONGEST RUN