

## CHS Summer Running Log

Record your general route, time, & distance for each day.

<b>Week 1</b>		<b>Week 3</b>	
Mon., May 30		Mon., June 13	
Tues., May 31		Tues., June 14	
Wed., June 1		Wed., June 15	
Thurs., June 2		Thurs., June 16	
Fri., June 3		Fri., June 17	
Sat., June 4		Sat., June 18	
Sun., June 5		Sun., June 19	
Week total		Week total	
<b>Week 2</b>		<b>Week 4</b>	
Mon., June 6		Mon., June 20	
Tues., June 7		Tues., June 21	
Wed., June 8		Wed., June 22	
Thurs., June 9		Thurs., June 23	
Fri., June 10		Fri., June 24	
Sat., June 11		Sat., June 25	
Sun., June 12		Sun., June 26	
Week total		Week total	

<b>Week 5</b>		<b>Week 7</b>	
Mon., June 27		Mon., July 11	
Tues., June 28		Tues., July 12	
Wed., June 29		Wed., July 13	
Thurs., June 30		Thurs., July 14	
Fri., July 1		Fri., July 15	
Sat., July 2		Sat., July 16	
Sun., July 3		Sun., July 17	
Week total		Week total	
<b>Week 6</b>		<b>Week 8</b>	
Mon., July 4		Mon., July 18	
Tues., July 5		Tues., July 19	
Wed., July 6		Wed., July 20	
Thurs., July 7		Thurs., July 21	
Fri., July 8		Fri., July 22	
Sat., July 9		Sat., July 23	
Sun., July 10		Sun., July 24	
Week total		Week total	
<b>Week 9</b>			
Mon., July 25		Fri., July 29	
Tues., July 26		Sat., July 30	
Wed., July 27		Sun., July 31	
Thurs., July 28		Week total	