RunningDivaMom

www.RunningDivaMom.com

Name: _____ Date: _____

Today I feel: _____

When I complete the running program, I want to feel: _____

_____

One short-term goal for myself: _____

_____

Target date: _____

I'm going to complete this by doing: _____

_____

Notes and milestones during my journey:

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