

PREVIOUS WORKOUTS
+ LOCATIONS \$ GOALS

≡ <	○
~	^
~	^
GOALS	^
Goals Reached	^
Previous	^

≡ <	^
~	^
<u>GOALS</u>	✓
<input type="checkbox"/> Run 30+ min	
<input type="checkbox"/> 5k	
<input type="checkbox"/> PB speed	

personal goals written

≡ <	^
~	^
~	^
Goals Reached	✓
• 2 mile run	
• 15 min run	
• 7 min mile	

≡ <	^
~	^
Previous	✓
Location	0
Time	00:00
Location	0
Time	00:00



