

Weekly Run Log



Day 1

Date:

- ☐ Warm up (5-10 mins.)
☐ Stretch
___ Miles

Route:
Comments:
.....

Day 2

Date:

- ☐ Warm up (5-10 mins.)
☐ Stretch
___ Miles

Route:
Comments:
.....

Day 3

Date:

- ☐ Warm up (5-10 mins.)
☐ Stretch
___ Miles

Route:
Comments:
.....

Day 4

Date:

- ☐ Warm up (5-10 mins.)
☐ Stretch
___ Miles

Route:
Comments:
.....

Day 5

Date:

- ☐ Warm up (5-10 mins.)
☐ Stretch
___ Miles

Route:
Comments:
.....

Day 6

Date:

- ☐ Warm up (5-10 mins.)
☐ Stretch
___ Miles

Route:
Comments:
.....

Day 7

Date:

- ☐ Warm up (5-10 mins.)
☐ Stretch
___ Miles

Route:
Comments:
.....

Weekly Tally

___ Target miles

___ **Your total miles**

At Independence Blue Cross, we encourage our members to adopt and maintain a healthy lifestyle and a routine fitness program. Independence Blue Cross provides this training guide to assist its members in staying healthy and keeping fit. However, every person is different and should adapt their activity to fit their age, weight and personal circumstances. The Training Guides are not intended to serve as medical advice and all readers are strongly encouraged to discuss their exercise and training regimens with their health care provider. If you do not exercise regularly, you should discuss your exercise program with your health care provider before you begin.