



RM ACOMA/LAGUNA FALL SEASON ACTIVITY LOG
Each New Day Is A New Opportunity To Improve Yourself.
TAKE IT! And Make The Most Of It!
YOU GOT THIS!!



Athlete Name:

TOTAL: Season Miles/Minutes:

Date	Day	Miles/ Minutes	Date	Day	Miles/ Minutes	Date	Day	Miles/ Minutes
20-Mar	SAT		13-Apr	TUE		7-May	FRI	
21-Mar	SUN		14-Apr	WED		8-May	SAT	
22-Mar	MON		15-Apr	THU		9-May	SUN	
23-Mar	TUE		16-Apr	FRI		10-May	MON	
24-Mar	WED		17-Apr	SAT		11-May	TUE	
25-Mar	THU		18-Apr	SUN		12-May	WED	
26-Mar	FRI		19-Apr	MON		13-May	THU	
27-Mar	SAT		20-Apr	TUE		14-May	FRI	
28-Mar	SUN		21-Apr	WED		15-May	SAT	
29-Mar	MON		22-Apr	THU		16-May	SUN	
30-Mar	TUE		23-Apr	FRI		17-May	MON	
31-Mar	WED		24-Apr	SAT		18-May	TUE	
1-Apr	THU		25-Apr	SUN		19-May	WED	
2-Apr	FRI		26-Apr	MON		20-May	THU	
3-Apr	SAT		27-Apr	TUE		21-May	FRI	
4-Apr	SUN		28-Apr	WED		22-May	SAT	
5-Apr	MON		29-Apr	THU		23-May	SUN	
6-Apr	TUE		30-Apr	FRI		24-May	MON	
7-Apr	WED		1-May	SAT		25-May	TUE	
8-Apr	THU		2-May	SUN		26-May	WED	
9-Apr	FRI		3-May	MON		27-May	THU	
10-Apr	SAT		4-May	TUE		28-May	FRI	
11-Apr	SUN		5-May	WED		29-May	SAT	
12-Apr	MON		6-May	THU				

**You can do anything and
 everythign you set your mind
 to! Keep Striving!!
 RM ACOMA/LAGUNA
 BELIEVE'S IN YOU!!!**

**Check out our facebook page
 Running Medicine Acoma/Laguna**

**Below is a chart that you may
 utilize if you chose to do so on
 setting any goals you have on a
 weekly basis to help on your
 journey!**

Week	1st Goal	2nd Goal
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

ACTIVITY IS ANY MOVEMENT YOU ARE COMFORTABLE WITH (i.e Running, walking, Hiking, biking, in-door workouts etc) Log your miles you complete for running, walking etc. If you conduct indoor workouts log you your minutes. *If you conduct both log both miles and minutes.

Submit your miles weekly to Marie Konico via email or screen shot pic via phone.

Email:runningmedicineacoma@gmail.com Cell: 505-331-5251 any questions please don't hesitate to contact me