

Annual Activity Record

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Totals			
Jan																																			
Feb																																			
Mar																																			
Apr																																			
May																																			
Jun																																			
July																																			
Aug																																			
Sep																																			
Oct																																			
Nov																																			
Dec																																			

Activity Key

G – Gym

R - Run

Long Term Goals

1)

2)

3)

How was your work out?

1 Very, very easy

2

3

4 Easy

5

6

7 Challenging

8

9

10 Maximal