

Distance carried forward

3 Monday

Where & When
Comments Distance

4 Tuesday

Where & When
Comments Distance

5 Wednesday

Where & When
Comments Distance

6 Thursday

Where & When
Comments Distance

7 Friday

Where & When
Comments Distance

3

4

5

6

7

8

9

10

11

12

January

Saturday 8

Sunday 9

Where & When
Comments Distance

Where & When
Comments Distance

Where & When
Comments Distance

Where & When
Comments Distance

Where & When
Comments Distance

Where & When
Comments Distance

Distance this week: Weight:



tip: A good workout headset does not cancel ambient sounds.