TIME TO GO RUNNING!

by Mandy Fisher from www.daintydream.com

FREE PROJECT LIFE PRINTABLE

Time to RUN!

PERSONAL RECORD!

Distance: Time:

READY FOR the RACE!

DATE:

running BUDDY

Run, Run, RUN!

finished!

TODAY'S RUN

Date:
Distance:
Time:
Pace:

I DON'T STOP WHEN I'M *tired*, I STOP WHEN I'M *done*.

distance:

JUST RUN!

GO fast

TRAIN INSANE OR REMAIN THE SAME

SWEAT IS FAT CRYING.

WAKE UP DETERMINED, GO TO BED SATISFIED!

time for another run!

TRAIN LIKE A BEAST, LOOK LIKE A BEAUTY!

EAT, SLEEP, RUN, REPEAT.

Use a 1" round punch on these!

MORNING RUN