



Personal training diary

Name _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<input type="checkbox"/> Stretching 3 minutes <input type="checkbox"/> Jogging Distance _____ Time _____	<input type="checkbox"/> Stretching 3 minutes <input type="checkbox"/> Jogging Distance _____ Time _____	<input type="checkbox"/> Stretching 3 minutes <input type="checkbox"/> Jogging Distance _____ Time _____	<input type="checkbox"/> Stretching 3 minutes <input type="checkbox"/> Jogging Distance _____ Time _____	<input type="checkbox"/> Stretching 3 minutes <input type="checkbox"/> Jogging Distance _____ Time _____	<input type="checkbox"/> Stretching 3 minutes <input type="checkbox"/> Jogging Distance _____ Time _____
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March 2010

TRAINING GUIDELINES

1. Set your goal for 3-4 training days each week.
2. Be sure to STRETCH before you walk, jog or run. (www.letusplay.org for more information).
3. Walk, jog or run at a pace where you can talk without losing your breath. Try to walk, jog or run 20 minutes each time. Mix walking with jogging or running to preserve your energy.
4. Be sure to mark your diary and show it to a parent or teacher each day.
5. Have fun!