

Scream If You Want To Go Faster

# Record Sheet

Starting Date: / /

Starting 5k Time:	5% Goal:	What would meeting your goal mean to you?
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	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7
RUN 1							
RUN 2							
RUN 3							

Finishing Date:	Finishing 5k Time:	% Improvement:	How does your improvement make you feel?
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