

## Planning My Running Journey

My home address is: .....

|                    | Direction<br>of Turn<br>(L/R) | Into<br>[Street Name] | Number of steps<br>taken before<br>next turn | Walking Time<br>logged on this<br>street | Anticipated<br>Running time on<br>this street |
|--------------------|-------------------------------|-----------------------|----------------------------------------------|------------------------------------------|-----------------------------------------------|
| Start (front door) |                               |                       |                                              |                                          |                                               |
| Turn 1             |                               |                       |                                              |                                          |                                               |
| Turn 2             |                               |                       |                                              |                                          |                                               |
| Turn 3             |                               |                       |                                              |                                          |                                               |
| Turn 4             |                               |                       |                                              |                                          |                                               |
| Turn 5             |                               |                       |                                              |                                          |                                               |
| Turn 6             |                               |                       |                                              |                                          |                                               |
| Turn 7             |                               |                       |                                              |                                          |                                               |
| Turn 8             |                               |                       |                                              |                                          |                                               |
| End (front door)   |                               |                       |                                              |                                          |                                               |

You might also like to try drawing a map of this journey, with streets labelled and key location marks along the way. You might also like to add the compass points, pointing North in the correct direction on your map.

# My Daily Running Log

[illegible]