

Month: \_\_\_\_\_ Week #: \_\_\_\_\_ Week of: \_\_\_\_\_

Day	Session 1 Notes	Session 2 Notes	Mi	Min	Int	RPE
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						
Totals						

## Reflection

Weekly wins (what went well?):

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Goals for next week:

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Things to work on (habits, recovery, consistency, mindset):

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<b>Totals</b>						

## Monthly Summary + Reflection

Week	Total Miles	Total Minutes	Total Intensity Min
Week 1			
Week 2			
Week 3			
Week 4			

**Biggest win this month:**

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**What improved most (fitness, strength, consistency, mindset):**

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**One habit to keep next month:**

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**One thing to adjust next month:**

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