Forget The Gym.ie

THE IRISH TIMES GET RUNNING


| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Plan for the week |  |  |  |  |  |  |  |
| What lactually did |  |  |  |  |  |  |  |
| How did it feel? |  |  |  |  |  |  |  |
| Week2 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Plan for the week |  |  |  |  |  |  |  |
| What l actually did |  |  |  |  |  |  |  |
| How did it feel? |  |  |  |  |  |  |  |
| Week3 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Plan for the week |  |  |  |  |  |  |  |
| What lactually did |  |  |  |  |  |  |  |
| How did it feel? |  |  |  |  |  |  |  |


| Week 4 | Monday | Tuesday | Wednestay | Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Plan for the week |  |  |  |  |  |  |  |
| What I actually did |  |  |  |  |  |  |  |
| How did it feel? |  |  |  |  |  |  |  |
| Week5 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Plan for the week |  |  |  |  |  |  |  |
| What I actually did |  |  |  |  |  |  |  |
| How did it feel? |  |  |  |  |  |  |  |
| Week 6 | Monday | Tuesday | Wednestay | Thursday | Friday | Saturday | Sunday |
| Plan for the week |  |  |  |  |  |  |  |
| What I actually did |  |  |  |  |  |  |  |
| How did it feel? |  |  |  |  |  |  |  |
| Week 7 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Plan for the week |  |  |  |  |  |  |  |
| What I actually did |  |  |  |  |  |  |  |
| How did it feel? |  |  |  |  |  |  |  |
| Week8 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Plan for the week |  |  |  |  |  |  |  |
| What I actually did |  |  |  |  |  |  |  |
| How did it feel? |  |  |  |  |  |  |  |

