



WEEKLY RUNNING RECORD

NAME: _____ DISTANCE: _____

#HKRSSummerStreak

WEEK 1 Family First								FINISH
WEEK 2 Crawl, Walk, Run								FINISH
WEEK 3 Be Kind								FINISH
WEEK 4 Make An Impact								FINISH
WEEK 5 Live The Healthy Life								FINISH



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Cut out and add to your sheet weekly.