

Eager:	Weekly Mileage:														Weekly Mileage:																
	Ready:																														
		Lazy:																													
			Tired:																												
				Sluggish:																											
	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.					
	SUN		MON		TUE		WED		THU		FRI		SAT		SUN		MON		TUE		WED		THU		FRI		SAT				
Date:	Date:																														

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			Tired:																												
				Sluggish:																											
	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.					
	SUN		MON		TUE		WED		THU		FRI		SAT		SUN		MON		TUE		WED		THU		FRI		SAT				
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	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.					
	SUN		MON		TUE		WED		THU		FRI		SAT		SUN		MON		TUE		WED		THU		FRI		SAT				
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	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.					
	SUN		MON		TUE		WED		THU		FRI		SAT		SUN		MON		TUE		WED		THU		FRI		SAT				
Date:	Date:																														

Suggested Template: Very Easy:

Easy:

Moderate:

Hard:

Very Hard:

All-Out: