



# The ChiRunning & ChiWalking Daily Fitness Journal

*Katherine Dreyer, Danny Dreyer*

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Including classic logging fields such as distance, pace, time, and notes, this journal also encourages users to take their running or walking experience a step further and write about their “body sense” after each workout, including any challenges or breakthroughs. The log also focuses on an end-of-week review for users to add up stats to see weekly and year-to-date totals, keep track of shoe mileage, register weight and body mass index, and assess their progress to make goals for the upcoming week. The appendices also include a vision, goals, and assessments worksheet, a kilometer/miles conversion chart, a race log, a weekly data chart to graph mileage and weight throughout the year, and a walking exercise chart. Any exercise enthusiast, from the fitness walker to the experience marathoner, will find the useful tools, charts, and guidelines provided here an invaluable part of their daily routine.

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