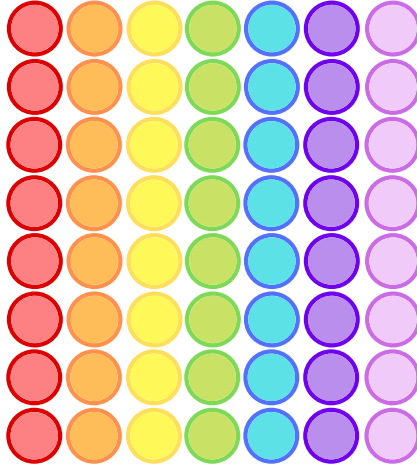


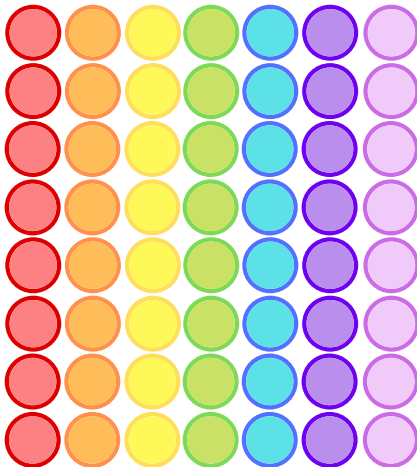
My Running To Do List

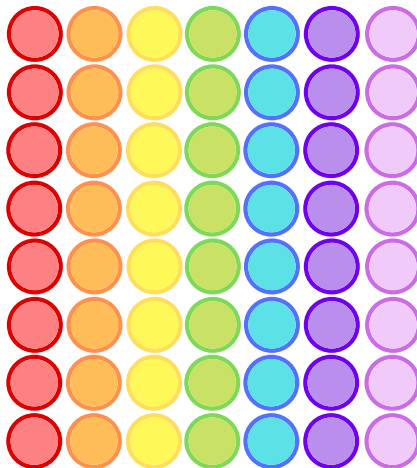
for the week of _____

S M T W T F S

Task







Place tasks on the right. If a task should be accomplished on a specific day, circle that day. A task can be moved across days. Add uncompleted tasks to next week's Running To Do List.

Scheduled 

Started 

Moved 

Completed 