

I love creeks and the
music they make.

Running (jogging), 5.2 mph (11.5 min mile)	564	50	0	0	0
TOTALS:	564	50	0	0	0

June 18, 2017

Running (jogging), 5.2 mph (11.5 min mile)	683	66	0	0	0
TOTALS:	683	66	0	0	0

June 20, 2017

Running (jogging), 6 mph (10 min mile)	349	30	0	0	0
TOTALS:	349	30	0	0	0

June 21, 2017

Running (jogging), 5.2 mph (11.5 min mile)	708	68	0	0	0
TOTALS:	708	68	0	0	0

June 24, 2017

Running (jogging), 5.2 mph (11.5 min mile)	358	34	0	0	0
TOTALS:	358	34	0	0	0

June 26, 2017

Running (jogging), 5 mph (12 min mile)	8	1	0	0	0
TOTALS:	8	1	0	0	0

June 28, 2017

EXERCISES	Calories	Minutes	Sets	Reps	Weight
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