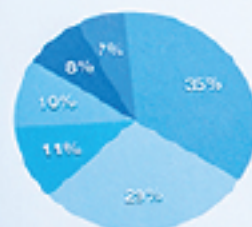




### BUSINESS REPORT

DISTANCE (MILES)

PACE (TIME / MILE)



DATE	TIME	DISTANCE (MILES)	PACE (TIME / MILE)	NOTES
4/5/14	20m 0s	2.00	10m 0s	
4/3/14	25m 15s	2.25	11m 15s	
4/10/14	30m 0s	2.50	12m 0s	
4/12/14	30m 12s	3.25	9m 18s	
4/14/14	30m 0s	3.00	10m 0s	
4/16/14	30m 42s	3.25	9m 27s	
4/18/14	30m 0s	3.00	10m 0s	
4/21/14	30m 24s	4.00	7m 36s	
4/23/14	30m 0s	4.00	7m 36s	
4/25/14	30m 0s	4.00	7m 36s	

### MY RUNNING LOG

April 1 - 20

DISTANCE (MILES)

PACE (TIME / MILE)



DATE	TIME	DISTANCE (MILES)	PACE (TIME / MILE)	NOTES
4/19/14	30m 0s	3.00	10m 0s	
4/18/14	30m 0s	3.00	10m 0s	
4/21/14	30m 0s	4.00	7m 36s	
4/23/14	30m 0s	4.00	7m 36s	
4/25/14	30m 0s	4.00	7m 36s	

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