

WEIPA Running Festival



RUNNING JOURNAL

Weipa Running Festival and the RFDS Mental Health & Wellbeing Team have created this running journal with you in mind.

This running journal is your space.

It is designed to support your individual journey— from wherever you are starting and wherever you hope to go. Every runner’s path is different.

Some days will feel strong and effortless; others will challenge your patience, confidence, or consistency. All of it matters, and all of it belongs here.

This journal isn’t about comparison or perfection. It’s about progress—your progress. It’s a place to record how your body feels, what your mind learns, and how each run contributes to your growth. Whether you’re setting goals, rebuilding habits, working through setbacks, or celebrating milestones, this journal is meant to help you notice and value the process.

We encourage you to be honest in your entries. Write about small wins, difficult runs, changes you’re noticing, and lessons you’re learning along the way. Over time, this journal can become a powerful reflection of your resilience, commitment, and evolution as a runner.

We hope this journal helps you stay connected to yourself, motivated through challenges, and proud of how far you continue to move forward— one step at a time.

Happy Running.



“The obsession with running is really an obsession with the potential for more and more life.” – George Sheehan

STAMINA JUSTFNQRUN PACE KILOMETERS HARDWORK
TRAINING COURAGE IN THE ZONE FUEL STRENGTH ATTITUDE
ENDURANCE HOW BAUXITING BELIVE DEDICATION GOALS
ACHIEVE NEVER BACK DOWN ENDORPHINES PERSERVERANCE

DAILY CHECK IN



DAY 1

Date: / / 20

Time of Day:

Location:

Weather:



Distance / Time / Pace:

Run Type: Easy / Long / Intervals / Recovery / Other:

Physical Check In BEFORE Run

Energy Levels: 1 2 3 4 5 6 7 8 9 10

Body Sensations: Tight Tired Fresh Sore

Other:

Wellbeing Check In BEFORE Run

How am I feeling: 😊 😐 😞 😡

Stress Levels: 1 2 3 4 5 6 7 8 9 10

Reflection

What stood out to me about this run?

How did movement affect my mood or thoughts?

Anything unexpected (physically or emotionally)?

What helped today (eg pace choice, scenery, music, mindset, self-compassion)? _____

Intention for next run (or tomorrow) (e.g. gentler start, shorter distance, focus on enjoyment, rest day)? _____

One word check-out: (E.g. Calm, tired, proud, steady, relieved): _____

Date: / / 20

Time of Day:

Location:

Weather:



Distance / Time / Pace:

Run Type: Easy / Long / Intervals / Recovery / Other:

Physical Check In BEFORE Run

Energy Levels: 1 2 3 4 5 6 7 8 9 10

Body Sensations: Tight Tired Fresh Sore

Other:

Wellbeing Check In BEFORE Run

How am I feeling: 😊 😐 😞 😡

Stress Levels: 1 2 3 4 5 6 7 8 9 10

Reflection

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How did movement affect my mood or thoughts?

Anything unexpected (physically or emotionally)?

What helped today (eg pace choice, scenery, music, mindset, self-compassion)? _____

Intention for next run (or tomorrow) (e.g. gentler start, shorter distance, focus on enjoyment, rest day)? _____

One word check-out: (E.g. calm, tired, proud, steady, relieved): _____

DAY 2

DAILY CHECK IN



DAY 3

Date: / / 20

Time of Day:

Location:

Weather:



Distance / Time / Pace:

Run Type: Easy / Long / Intervals / Recovery / Other:

Physical Check In BEFORE Run

Energy Levels: 1 2 3 4 5 6 7 8 9 10

Body Sensations: Tight Tired Fresh Sore

Other:

Wellbeing Check In BEFORE Run

How am I feeling: 😊 😐 😞 😡

Stress Levels: 1 2 3 4 5 6 7 8 9 10

Reflection

What stood out to me about this run?

How did movement affect my mood or thoughts?

Anything unexpected (physically or emotionally)?

What helped today (eg pace choice, scenery, music, mindset, self-compassion)? _____

Intention for next run (or tomorrow) (e.g. gentler start, shorter distance, focus on enjoyment, rest day)? _____

One word check-out: (E.g. calm, tired, proud, steady, relieved): _____

DAY 4

Date: / / 20

Time of Day:

Location:

Weather:



Distance / Time / Pace:

Run Type: Easy / Long / Intervals / Recovery / Other:

Physical Check In BEFORE Run

Energy Levels: 1 2 3 4 5 6 7 8 9 10

Body Sensations: Tight Tired Fresh Sore

Other:

Wellbeing Check In BEFORE Run

How am I feeling: 😊 😐 😞 😡

Stress Levels: 1 2 3 4 5 6 7 8 9 10

Reflection

What stood out to me about this run?

How did movement affect my mood or thoughts?

Anything unexpected (physically or emotionally)?

What helped today (eg pace choice, scenery, music, mindset, self-compassion)? _____

Intention for next run (or tomorrow) (e.g. gentler start, shorter distance, focus on enjoyment, rest day)? _____

One word check-out: (E.g. calm, tired, proud, steady, relieved): _____

Physical Check In AFTER Run

Energy Levels: 1 2 3 4 5 6 7 8 9 10

Recovery Needs: Stretch Rest Hydration Food

Other:

Wellbeing Check In AFTER Run

How am I feeling: 😊 😐 😞 😡

Thought patterns noticed during run (e.g. busy, calm, negative selftalk, present-focused, distracted): _____

Wellbeing

How was my sleep last night?: Poor OK Good Great

How was my nutrition / hydration today?

Not Enough Sufficient Too Much



External stressors: Work Family Health Other:

DAILY CHECK IN



DAY 5

Date: / / 20

Time of Day:

Location:

Weather:



Distance / Time / Pace:

Run Type: Easy / Long / Intervals / Recovery / Other:

Physical Check In BEFORE Run

Energy Levels: 1 2 3 4 5 6 7 8 9 10

Body Sensations: Tight Tired Fresh Sore

Other:

Wellbeing Check In BEFORE Run

How am I feeling: 😊 😐 😞 😡

Stress Levels: 1 2 3 4 5 6 7 8 9 10

Reflection

What stood out to me about this run?

How did movement affect my mood or thoughts?

Anything unexpected (physically or emotionally)?

What helped today (eg pace choice, scenery, music, mindset, self-compassion)? _____

Intention for next run (or tomorrow) (e.g. gentler start, shorter distance, focus on enjoyment, rest day)? _____

One word check-out: (E.g. calm, tired, proud, steady, relieved): _____

DAY 6

Date: / / 20

Time of Day:

Location:

Weather:



Distance / Time / Pace:

Run Type: Easy / Long / Intervals / Recovery / Other:

Physical Check In BEFORE Run

Energy Levels: 1 2 3 4 5 6 7 8 9 10

Body Sensations: Tight Tired Fresh Sore

Other:

Wellbeing Check In BEFORE Run

How am I feeling: 😊 😐 😞 😡

Stress Levels: 1 2 3 4 5 6 7 8 9 10

Reflection

What stood out to me about this run?

How did movement affect my mood or thoughts?

Anything unexpected (physically or emotionally)?

What helped today (eg pace choice, scenery, music, mindset, self-compassion)? _____

Intention for next run (or tomorrow) (e.g. gentler start, shorter distance, focus on enjoyment, rest day)? _____

One word check-out: (E.g. calm, tired, proud, steady, relieved): _____

Physical Check In AFTER Run

Energy Levels: 1 2 3 4 5 6 7 8 9 10

Recovery Needs: Stretch Rest Hydration Food

Other:

Wellbeing Check In AFTER Run

How am I feeling: 😊 😐 😞 😡

Thought patterns noticed during run (e.g. busy, calm, negative selftalk, present-focused, distracted): _____

Wellbeing

How was my sleep last night?: Poor OK Good Great

How was my nutrition / hydration today?

Not Enough Sufficient Too Much



External stressors: Work Family Health Other:

DAILY CHECK IN



DAY 7

Date: / / 20

Time of Day:

Location:

Weather:



Distance / Time / Pace:

Run Type: Easy / Long / Intervals / Recovery / Other:

Physical Check In BEFORE Run

Energy Levels: 1 2 3 4 5 6 7 8 9 10

Body Sensations: Tight Tired Fresh Sore

Other:

Wellbeing Check In BEFORE Run

How am I feeling: 😊 😐 😞 😡

Stress Levels: 1 2 3 4 5 6 7 8 9 10

Reflection

What stood out to me about this run?

How did movement affect my mood or thoughts?

Anything unexpected (physically or emotionally)?

What helped today (eg pace choice, scenery, music, mindset, self-compassion)? _____

Intention for next run (or tomorrow) (e.g. gentler start, shorter distance, focus on enjoyment, rest day)? _____

Physical Check In AFTER Run

Energy Levels: 1 2 3 4 5 6 7 8 9 10

Recovery Needs: Stretch Rest Hydration Food

Other:

Wellbeing Check In AFTER Run

How am I feeling: 😊 😐 😞 😡

Thought patterns noticed during run (e.g. busy, calm, negative selftalk, present-focused, distracted): _____

Wellbeing

How was my sleep last night?: Poor OK Good Great

How was my nutrition / hydration today?

Not Enough Sufficient Too Much



External stressors: Work Family Health Other:

One word check-out: (E.g. calm, tired, proud, steady, relieved): _____

7 Day Distance:

Cumulative Total Distance:

TRUST
* the *
PROCESS

"The miracle isn't that I finished. The miracle is that I had the courage to start." — John Bingham

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KEY HABITS FOR LONG-TERM SUCCESS

Consistency over Intensity: Running consistently 3–4 times a week is more beneficial than one or two massive efforts. It builds a strong aerobic base and prevents burnout.

The 80/20 Rule: Perform roughly 80% of your runs at an easy, conversational pace to build aerobic capacity, and 20% at a high intensity.

Prioritise Strength & Mobility: Incorporate strength training (focusing on core and legs) 1–2 times a week and use a foam roller to prevent injuries.

Active Recovery and Rest: Schedule regular rest days to allow muscles to repair. Incorporate light stretching or foam rolling after runs.

Smart Nutrition & Hydration: Eat a balanced diet, including easy-to-digest carbs before running, and refuel with carbs and protein within an hour after running.

Goal Setting and Logging: Keep a running log to track progress, and set both small (weekly) and large (race) goals to stay motivated.

Listen to Your Body: Avoid pushing through pain. Distinguish between discomfort and injury to avoid long-term setbacks.

POSITIVE MINDSET

A positive mindset can make a powerful difference in running. It helps you stay focused, push through discomfort, and enjoy the process rather than just the finish line. When your thinking is encouraging and resilient, runs feel lighter, setbacks are easier to manage, and progress becomes more consistent.

A positive mindset is something we can all actively build with small, consistent habits.

Some helpful ways to do this are:

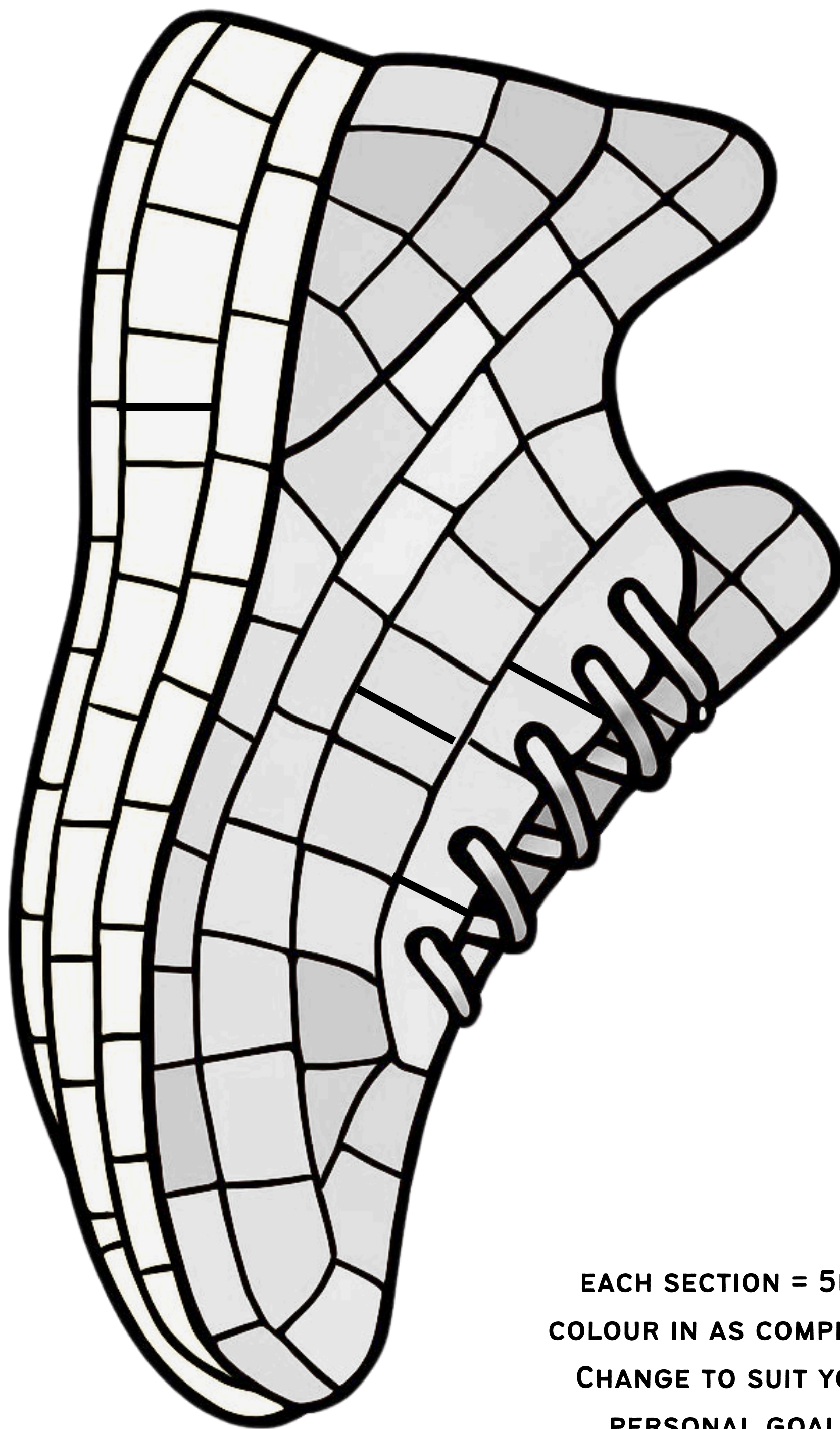
- **Focus on what you can control** – effort, attitude and consistency, rather than pace, results or comparisons.
- **Use positive self-talk** – replace "I can't" with "I can't yet" or "I'm getting stronger"
- **Set realistic, meaningful goals** – having clear, achievable goals gives you direction and motivation.
- **Practice gratitude and reflection** – noticing progress, enjoyment or small wins helps reinforce a constructive outlook.
- **Look after your body and mind** – good sleep, fuel, recovery and stress management all support positive thinking.
- **Accept setbacks as part of the process** – challenges are opportunities to build resilience, not signs of failure.

Over time, these practices help create a mindset that is more encouraging, resilient and growth-focused.

"The principle is competing against yourself. It's about self-improvement, about being better than you were the day before." - Steve Young

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500KM CHALLENGE



**EACH SECTION = 5KM
COLOUR IN AS COMPLETED
CHANGE TO SUIT YOUR
PERSONAL GOALS**