



# Cycle Training Journal

*A Series*

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You know how you try to make an effort to get into shape regularly then something happens to interrupt your schedule? You had forgotten to make a note of the details from your last cycle? It can be frustrating and demotivating when you struggle to remember and you have to start again or give up keeping on track? This cycle training journal will enable you to recall your last journey. There is nothing better than that sense of achievement when you look back on what you have achieved? This uncomplicated journal will help keep any cyclist on track, feel energised, get motivated, and stick to plan. Furthermore, you have a physical record log book to look back on, unlike mobile phone apps whereby the data can get lost. With this beautifully decorated 8" x 10", 40 day, blank, lined journal, you can record: date, time, distance/miles, location and calories burned. There are 7 extra pages for writing further thought provoking notes, drawing doodles or drawing relaxing sketches of scenery from your journey.

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