

Couch → 5km Declaration

I _____ promise to bring my hard working, positive and encouraging attitude to each and every training session.

I _____ promise to be easy on myself and others and vow to keep moving forward at my own pace.

I _____ promise to let Molly know if the schedule does not work for me or if something begins to hurt or gets sorer after training.

_____ Date

_____ Signature



Couch → 5km Goal Setting

I will:

I am most nervous about:

I am most excited about:

_____ Date

_____ Signature

