TIDES CROSS COUNTRY MEET LOG
NAME:
DATE:
MEET NAME and DATE:

FACTS:
(what are the facts of the meet? Was it hot? Was it your first 5k? Did you stay out late the night before? What was your nutrition like?)

POSITIVE TAKEAWAYS
(negative doesn't feed us. What can we take away from this experience to help us learn and move forward for the next race?)