

2017

# JOGGING CHART

DAY	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	TOTAL
1	.									.			1
2				.			.						2
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28					.								28
29	.	■								.			29
30				.			.						30
31		■		■	■	■		■	■		■	.	31
RUNS AVG.													
Miles This Month													

Record Your Weight in this Column