

2012

JOGGING CHART

DAY	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	TOTAL
1	.			.			.						1
2									.			.	2
3						.							3
4			.								.		4
5		.						.					5
6					.								6
7										.			7
8	.			.			.						8
9									.			.	9
10						.							0
11			.								.		1
12		.						.					2
13					.								3
14										.			4
15	.			.			.						5
16									.			.	6
17						.							7
18			.								.		8
19		.						.					9
20					.								0
21										.			1
22	.			.			.						2
23									.			.	3
24						.							4
25			.								.		5
26		.						.					6
27					.								7
28										.			8
29	.			.			.						9
30		■		■		■		■	.		■	.	0
31		■		■		■		■		■			
RUNS AVG.													
Miles This Month													

Record Your Weight in this Column