NEW ENGLAND PRIMER
www.neprimer.com

Exercise, Jogging, Walking Log and Journal

Courtesy of: **New England Primer, 1996**

A Family & Home School Textbook. The 1843 Updated Edition with Lesson Plan.

https://neprimer.com/ePress/articles/2007/Exercise-Jogging-Walking-Log.pdf

https://www.thecalculatorsite.com/health/how-long-to-walk-a-mile

Exercise

7/2024

6/2007

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 Jog Walk log

Date	Start Time	Event 1.	Time or Steps	Event 2.	Time or Steps	Event 3.	Time or Steps	Total Day's Steps	Remarks
									45 lines @ 10 PT

Page date:
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Exercise, Jogging, Walking Log and Journal

Date	Start Time	Event 1.	Time or Steps	Event 2.	Time or Steps	Event 3.	Time or Steps	Total Day's Steps	Remarks
								53 lines @ 10 PT