

# Jog Log

Name \_\_\_\_\_

Jog# \_\_\_\_\_

Grade Level \_\_\_\_\_

Day	Date	Minutes Jog/walked	Location	Distance of Trail	Times Around Trail	Miles Achieved	Parent Initial
Sunday							
Monday							
Tuesday							
Wed							
Thursday							
Friday							
Saturday							

Parent Signature \_\_\_\_\_

Total Miles for the Week \_\_\_\_\_

Parent Phone # \_\_\_\_\_

\*Not included in jogging miles: treadmills and sporting activities