Exercise, Jogging, Walking Log and Journal

Courtesy of: New England Primer, 1996
A Family & Home School Textbook. The 1843 Updated Edition with Lesson Plan.

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

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Date	Start Time	Event 1.	Time or Steps	Event 2.	Time or Steps	Event 3.	Time or Steps	Total Day's Steps	Remarks

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