

# Your Dog Jog Log



1. Print off this Dog Jog Log
2. Stick it on your fridge (or somewhere safe)
3. Record your distance whenever you jog with your dog
4. Enter your total mileage at the end of the month
5. Share your completed log in the Facebook Group for your chance to win a prize bundle worth £100
6. Thank You & Good Luck! 🐾



Let's go

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 Nov	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	Total Mileage:		

**Congratulations!  
You did it**