

Name: \_\_\_\_\_

# DAILY MILE

## MY PERSONAL BEST CHART



### My goals

My current mile running time is:----- minutes

My goal mile running time by the end of term 1 is:----- minutes

My goal mile running time by the end of term 2 is:----- minutes

My goal mile running time by the end of term 3 is:----- minutes



### My personal best running chart

Once a week, record how many minutes it takes you to run a mile in the table below.

Today I ran:	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Term 1												
Term 2												
Term 3												

