

Quarter _____

Name: _____ Period: _____

Run Chart

REMEMBER: Your goal is a prediction and should reflect your capability. Use complete sentences in your reflection.

Laps on Track (cut off -2:45 per lap)

Date	# of Laps	Goal	Time	Reflection
				Did you reach your goal? ____ What helped you or prevented you?
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Black Run (cut off 5:15)

Date	Goal	Time	Reflection
			Did you reach your goal? ____ What helped you or prevented you?
			Did you reach your goal? ____ What helped you or prevented you?
			Did you reach your goal? ____ What helped you or prevented you?

Gold Run (cut off 6:30)

Date	Goal	Time	Reflection
			Did you reach your goal? ____ What helped you or prevented you?
			Did you reach your goal? ____ What helped you or prevented you?
			Did you reach your goal? ____ What helped you or prevented you?

Mile Test

Date	Goal	Time	Reflection
			Did you reach your goal? ____ What helped you or prevented you?
			Did you reach your goal? ____ What helped you or prevented you?

Pacer Test

Date	Goal	# of pacers	Reflection
			Did you reach your goal? ____ What helped you or prevented you?
			Did you reach your goal? ____ What helped you or prevented you?

Sustained Jog - No Walking

Example:

8/23	5:00	In the space below describe your physical and/or mental performance during today's sustained jog. <i>Today I jogged the whole time without stopping. I focused on my breathing and I feel proud!</i>
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WORD BANK: *determined stride rhythm perseverance breathing steady confident pace endurance effort energized illness disappointed improved proud strong*

Date	Minutes	
		In the space below describe your physical and/or mental performance during today's sustained jog.
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Cone Run (6 cones per lap)

Date	Time	Goal cone #	score	Describe your performance today:
	minutes			
	minutes			
	minutes			
	minutes			