


MY DAILY MILE

WEEKLY SELF-ASSESSMENT



Check your progress with The Daily Mile. Draw a mark under each category to show how well you perform: Good (Bronze), Better (Silver), or Best (Gold). Complete the assessment after doing The Daily Mile at least three times in one week with the goal of continuing to improve yourself!

			
I ran as fast as I could.			
I had fun.			
I stayed active.			
I did my best.			
I feel better about myself.			
I feel happy.			
I enjoyed the fresh air.			
I respect my body.			
I ran for all 15 minutes.			
I enjoyed The Daily Mile.			