

Name: _____

Date: _____

Period: _____

Physical Fitness Run Log

First Semester Mile Chart

Date(ex. 11/4/16)	Time limit(ex. 18:00)	My mile time(ex. 13:45)

Please answer each question in Black font.

1. What was your mile time for the first mile run of the 2023/2024 school year?

**2. What was your best mile time for the 2023/2024 school year (first semester)?
Have you improved your time since the beginning of the semester?**

**3. If you have improved your mile time, what do you think helps you to improve?
If you do did not improve your mile time, what do you think is holding you back?**

**4. Why do you think running and/or cardiovascular exercise is important? What
are some activities that you could do outside of school to improve/maintain your
cardiovascular fitness?**