



Running Goals



Run for 5 days = Insert small reward here _____

I ran at 4.0 mph _____

I ran 10 minutes _____

I ran Monday _____

I ran at 4.0 mph _____

I ran 10 minutes _____

I ran Tuesday _____

I ran at 4.0 mph _____

I ran 10 minutes _____

I ran Wednesday _____

I ran at 4.0 mph _____

I ran 10 minutes _____

I ran Thursday _____

I ran at 4.0 mph _____

I ran 10 minutes _____

I ran Friday _____

Name or picture here

Running Goals

run



I ran for 5 days =

I ran at 4.6 mph _____

I ran 25 minutes _____

I ran Monday _____

I ran at 4.7 mph _____

I ran 20 minutes _____

I ran Tuesday _____

I ran at 4.6 mph _____

I ran 20 minutes _____

I ran Wednesday _____

I ran at 4.8 mph _____

I ran 13 minutes _____

I ran Thursday _____

I ran at 4.7 mph _____

I ran 25 minutes _____

I ran Friday _____