

Healthy Fitness Zone for a 1 mile run **Boys**

Age	Running Time
10	9:00- 11:30
11	8:30-11:00
12	8:00-10:30
13	7:30-10:00
14	7:00-9:30
15	7:00-9:00



Healthy Fitness Zone for a 1 mile run **Girl**

Age	Running Time
10	9:30-12:30
11	9:00-12:00
12	9:00-12:00
13	9:00-11:30
14	8:30-11:00
15	8:00-10:30

Personal Best Reflection

Date _____ Personal Goal _____ Run Time: _____

Did you achieve your goal please circle Yes No

If you did **not run** please describe why: _____

Decide what type of run that you had today and please circle or write in your reflection in the correct box.

I had a good a run

Please circle all statements that apply to you.

- I felt good during and after I finished my run
- I kept a consistent pace throughout my run.
- I was well hydrated throughout the day
- I was not too full or hungry during my run
- I was stretched out and my muscles felt loose
- I was able to run without having any cramps
- I ate a healthy breakfast this morning
- I got enough sleep last night

Please write in any other reasons that contributed in you having a good run:

I did not have a good run

Please circle all statements that apply to you.

- I did not feel good during or after my run
- I did not have a consistent pace throughout my run.
- I was not well hydrated throughout the day
- I was too full or hungry during my run
- I was not stretched out and I felt tight
- I got cramps during my run
- I did not eat breakfast or I ate an unhealthy breakfast
- I did not get enough sleep last night

Please write in any other reasons that contributed in you not having a good run:

Ways to have a good run

- Work on pacing during your warm-up lap (jogging the entire time)
- Jog around your neighborhood 2 or more times a week.
- During the run do not sprint but jog at a pace that you can keep throughout your run.
- Get a good nights sleep
- Eat a healthy breakfast

Write down one thing that you can do to help you have a better run. Make sure that it is something that **you will be willing to do** before your next personal best run.

Before my next personal best run I will ...
