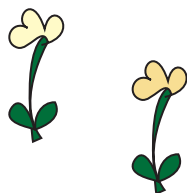


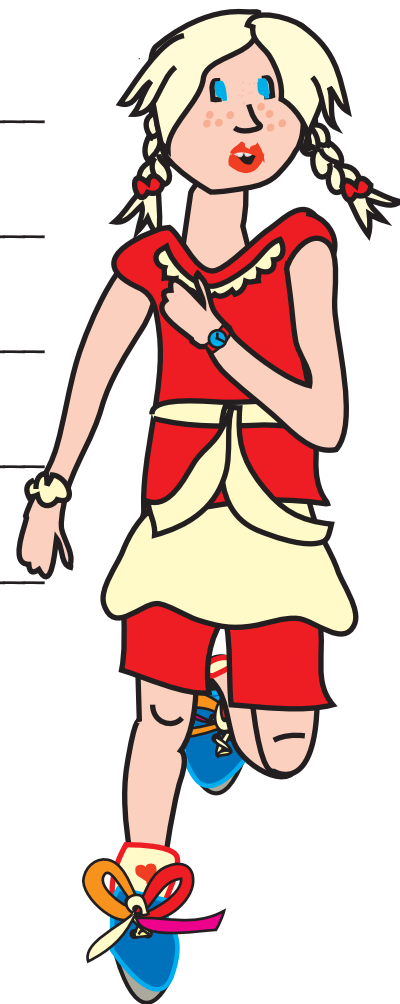
Name _____

Chapter 7 - Mile



Keep track of your mile times. Run, time, set a goal, then start again.

Date	Mile Time	New Goal
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____



This activity earns a multi-colored footprint at the Happy Feet club.

Goal ideas can include: times, ways to train, ways to enjoy running, people to train with, form, or just about anything that you can think of.