Name: _____

Class: _____

1.) Circle everything you like about The Daily Mile


Running


Being with Friends


Time with Teacher


Brain Break


Fresh Air & Sunshine

_____

write your own

2.) Circle the face that best shows how The Daily Mile makes you feel.



3.) How has The Daily Mile helped you change? Write your answer below.

For example, can you run faster? Do you focus better in class? Do you have better friendships? Do you talk to your teacher more?