

VALENCIA PHYSICAL EDUCATION FITNESS CHART

NAME		TEACHER						PERIOD		
MILE:	1	2	3	4	5	6	7	8	9	10
DATE										
TIME										
5:30										
6:00										
6:30										
7:00										
7:30										
8:00										
8:30										
9:00										
9:30										
10:00										
10:30										
11:00										
11:30										
12:00										
12:30										
	1	2	3	4	5	6	7	8	9	10

1. My fitness goal is to run the mile in under _____ Date: _____
2. My new goal is to run the mile in under _____ Date: _____
3. My new goal is to run the mile in under _____ Date: _____