

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: _____