

# CLASS EVALUATION FOR THE DAILY MILE



DIRECTIONS: This form will help you evaluate the physical, mental, and emotional benefits to your students after they do The Daily Mile. Complete this form after your class begins The Daily Mile (START). Complete the form again after 2 weeks of doing The Daily Mile (MIDDLE). Finally, complete the form after your class has done The Daily Mile for 4 weeks (END). At the end of the fourth week, compare the results with the previous weeks.

START DATE: \_\_\_\_\_ END DATE: \_\_\_\_\_ CLASS ROLL: \_\_\_\_\_ GRADE: \_\_\_\_\_

PHYSICAL HEALTH & WELLBEING	START	MIDDLE	END
# of Students participated in The Daily Mile			
# of Students who ran for the full 15-minutes			
# of Students who walked for the full 15-minutes			
EMOTIONAL HEALTH & WELLBEING			
Provide students with The Daily Mile Mood Meter (see page 2). After doing The Daily Mile, call out each color square (pink, orange, blue, & green). Ask students to give a thumbs up on the color that represents how they are feeling. Record the number of students in each box for that day.			
# of Students who chose Pink – Negative / High Energy			
# of Students who chose Orange – Positive / High Energy			
# of Students who chose Blue – Negative / Low Energy			
# of Students who chose Green – Positive / Low Energy			
MENTAL HEALTH & WELLBEING Rate each category below using a score from 1 (low/disagree) to 5 (high/agree).			
My students returned from The Daily Mile feeling happier			
I experienced fewer class interruptions after The Daily Mile			
My students were more focused & eager to learn after The Daily Mile			
My students connected with each other during The Daily Mile			
I connected with my students during The Daily Mile			

## TEACHER NOTES

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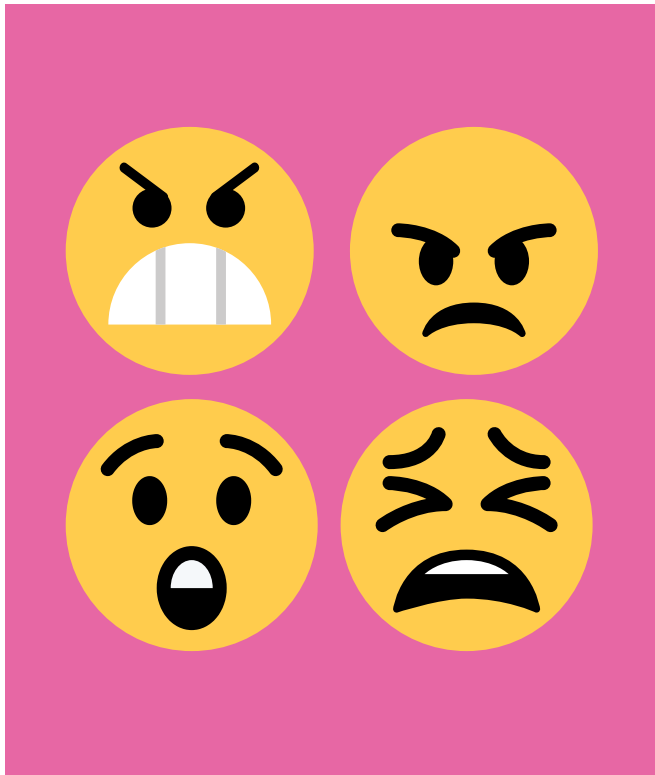
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# The Daily Mile Mood Meter

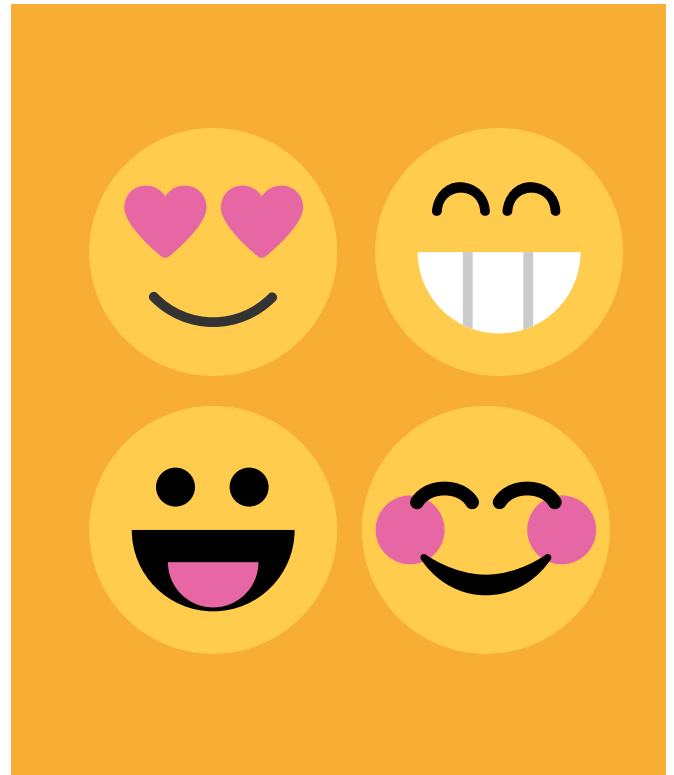
How are you feeling today?



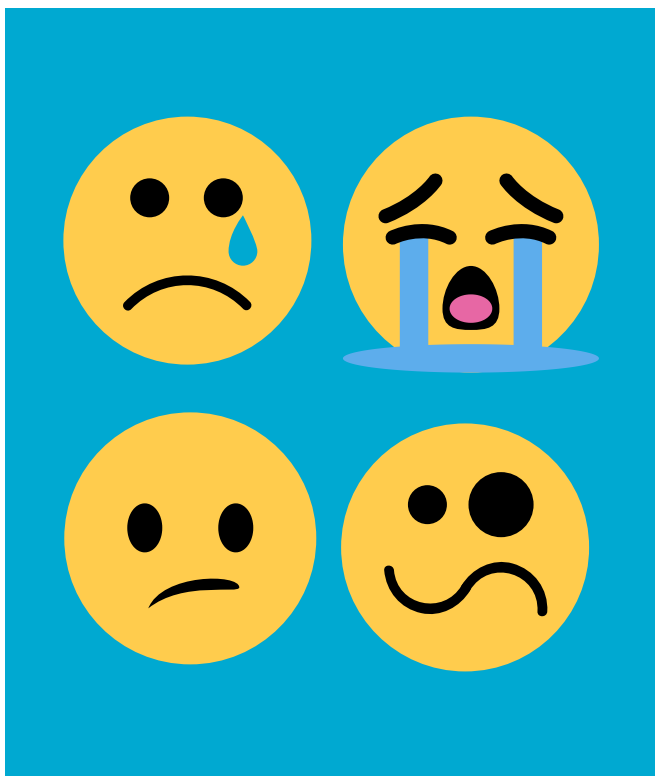
Negative



High Energy



Positive



Low Energy

