Our Daily Mile Goals

You can achieve amazing things with your students! Start small, feel confident and build success one step at a time. Build your way up to doing The Daily Mile for 15 minutes a day, three times a week. Use this goal setting calendar or craft your own using the following template. You've got this!

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 1			- 5		- 5		
Week 2		- 10 - min ,		- 10 - , , , , , , , , , , , , , , , , , , ,		- 10 - , min ,	
Week 3		- 15 min	- 15 min v		- 15 - min - '		
Week 4		- 15 min	- 15 min		- 15 min	- 15 - min	
Week 5		- 15 min	- 15 min v	- 15 , min ,	- 15 min	- 15 - 15 - 1	



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	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							

The Daily Mile 🗣 🗶 🕷

















































































