


















# 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							
Week 2							
Week 3							
Week 4							
Week 5							

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