

Aldersbrook's Daily Mile Challenge



What is The Daily Mile? The Daily Mile is simple and free. We want to get children fit for life and fit for learning by encouraging them to run or jog for 15 minutes every day. It is a physical activity which promotes social, emotional and mental health and wellbeing, as well as fitness. It takes place outside

Week 1 Day	Distance travelled	How I felt after
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Progress made this week;		



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Week 2 Day	Distance travelled	How I felt after
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Progress made this week;		

