

The Daily Mile

children fit for life

The Daily

2	1	START HERE	
3			
4			
5	6	7	8
			9
			10 MILES
			11



Mile helps clear your head!

out in the fresh air!

23	22	21	20 MILES	19	18	17	16	15	14	13
----	----	----	----------	----	----	----	----	----	----	----

KEEP GOING!

The Daily Mile gets you

24	25	26	27	28	29	30 MILES	31	32	33	34	35
----	----	----	----	----	----	----------	----	----	----	----	----

KEEP IT UP!

keeps you fit and healthy!

47	46	45	44	43	42	41	40 MILES	39	38	37
----	----	----	----	----	----	----	----------	----	----	----

The Daily Mile helps you get

48	49	50 MILES	51	52	53	54	55	56	57	58	59
----	----	----------	----	----	----	----	----	----	----	----	----

ready to learn!

67	66	65	64	63	62	61
68	69	70 MILES				

NEARLY THERE!

Congratulations! You have walked / run this term.

