



Daily Mile diary

Keeping a diary of your Daily Mile can help you see the progress you are making and give you space to record how moving makes you feel too.

Day of the week	Circle the face that reflects your feeling before the run/jog/wheel/walk	How far did you go?	What route did you do?	Circle the face that reflects your feeling after the run/jog/wheel/walk
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				