|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Day 1 | Day 2 | Day 3 | Day 4 |
| Daily check on effortI didn’t try I tried really hard today hard today1 2 3 4 5|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_| |  |  |  |  |
| Daily check on level of satisfactionI don’t care I was really pleased how well I did with how well I did today1 2 3 4 5|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_| |  |  |  |  |
| Daily check on level of Responsibility Irresponsible Self control Involvement Self responsibility Caring1 2 3 4 5|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_| |  |  |  |  |
| Number of laps of circuit – goal for this lesson. |  |  |  |  |
| Number of laps of circuit – completed |  |  |  |  |

Heart Running

**Daily debriefs after interclass distance competition**