|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Day 1 | Day 2 | Day 3 | Day 4 |
| Daily check on effort  I didn’t try I tried really  hard today hard today  1 2 3 4 5  |\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_| |  |  |  |  |
| Daily check on level of satisfaction  I don’t care I was really pleased  how well I did with how well I did today  1 2 3 4 5  |\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_| |  |  |  |  |
| Daily check on level of Responsibility  Irresponsible Self control Involvement Self responsibility Caring  1 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**