

PE &amp; HEALTH · ALL GRADES

# Daily Mile Tracker

Log it. Build the habit.

## What is the Daily Mile?

Started in Stirling, Scotland, in 2012 — a simple idea where children run, jog or walk for 15 minutes every day. No PE kit. No competition. Just movement. It's now in over 14,000 schools worldwide. The benefits — better fitness, better focus, better mood — are well documented.

## Half-term tracker

Week	M	T	W	Th	F	Distance / lap count
1						
2						
3						
4						
5						
6						
Total						



**Class reflection**

At the end of each half-term, ask the class: how do you FEEL after the Daily Mile? Has anything changed since you started?

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