



# PERSONAL BEST DAY

## MY PERSONAL BEST PROGRESS & GOALS CARD

NAME: \_\_\_\_\_ GRADE: \_\_\_\_\_ TEACHER: \_\_\_\_\_

	DATE	DATE	DATE	DATE	DATE
Curl-up Challenge (# done in 1 minute)					
Push-up Challenge (# done in 30 seconds)					
9-Minute Run Challenge (# laps plus extra cones)					

**GRADES 3-6**

	DATE	Things I Did Well	Things I'd Like To Do Better	My Goal For The Next Personal Best Day	Things I Can Do To Help Me Reach My Goals
Curl-up Challenge	PBD #1				
	PBD #2				
	PBD #3				
	PBD #4				
	PBD #5				
Push-up Challenge	PBD #1				
	PBD #2				
	PBD #3				
	PBD #4				
	PBD #5				
9-Minute Run Challenge	PBD #1				
	PBD #2				
	PBD #3				
	PBD #4				
	PBD #5				