PERSONAL BEST DAY

Progress & Personal Goals Scorecard

Name:_____ Grade:_____ Teacher:_____

SCORECARD					
	DATE	DATE	DATE	DATE	DATE
PULL-UPS (1 minute)					
PUSH-UPS (30 seconds)					
10 MINUTE RUN (# of laps)					

	DATE	Did well	Do Better	New Goal	Things to Do
PULL-UPS	PBD #1				
	PBD #2				
	PBD #3				
	PBD #4				
	PBD #5				
PUSH-UPS	PBD #1				
	PBD #2				
	PBD #3				
	PBD #4				
	PBD #5				
10 MIN RUN	PBD #1				
	PBD #2				
	PBD #3				
	PBD #4				
	PBD #5				