

# ACT Mile Run Challenge

In this challenge, you will work to better your own personal mile run time! By completing this challenge, you won't only get the satisfaction and recognition that comes with accomplishing a goal, but you will also work toward increasing your own physical activity and personal health.

Here are the details: The goal is to take seconds off of your mile run time. To obtain your initial mile run time, you will need to run a mile **to the best of your ability**. This is important, because you want to **grow** as a runner. In order to do so, your initial time should be one in which you have truly paced yourself and worked toward obtaining a **good** time. This initial run can be done in your gym class or at home. I just ask that a witness (your age or older) signs this form confirming your mile run time. Please try to be accurate with the distance run and the timing device used.

Next, you will work your way up incrementally to other milestones. Remember, this is a year-long challenge, so you will need to work at it. After your initial time, you won't necessarily go out the very next day and decrease your time significantly (especially if you were running to the best of your ability the first time around). You do not need to write down a time each time you run. However, when you feel you are ready to test for the next milestone, just grab another friend or adult to act as your witness and run your heart out! You will both sign to indicate time confirmation and the effort put forth. Feel free to bring this form in to show Mrs. Clark that you have made it to certain milestones. At the end, the goal is to take 30 seconds off of your mile run time. While this is certainly a big feat, if you set your mind to it, it is certainly possible! Be sure to be safe as you run and have fun! Exercising is good for your brain and your spirit!

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Student Name: \_\_\_\_\_ ACT Class Day: \_\_\_\_\_ Grade: \_\_\_\_\_ School: \_\_\_\_\_

Please write neatly and legibly. Record your times in pen and indicate the relation of your witness to you. If your witness is a friend your age, please make sure that your parent(s) know when you are running AT ALL TIMES. You could also choose to run on the playground. Remember, be safe, and have fun!

Milestone	Time	Your Signature	Witness	Date
Initial Mile Run Time				
10 Seconds off Initial Time				
20 Seconds off Initial Time				
30 Seconds off Initial Time				