



Virtual Friendship Run Log Book

Name:

Class:



Personal Challenges

There are a number of different challenges for you to choose to take part in. You might choose one for the week or several, its up to you. Think about your strengths, something you want to get better at or what motivates you and set yourself a challenge.

	Monday	Tuesday	Wednesday	Thursday	Friday
Running Streak Set a running time or distance and see how many consecutive days you can run for? Tick each day you run.					
Run with Friends or family Can you complete a run with friends and family to support and encourage each other to complete an agreed time or distance? Tick each day you run.					
How far can you run in a week? Log your distance each day.					
Can you run non-stop for 15 minutes? Or set your own time—tick if you have completed this.					
Scavenger Hunt (see next page) How many of the items can you spot on your run? Make a note how many you spot each day.					
What is the furthest you can run in one go? Set yourself a distance.					
How far can you run as a class/school? Log your distance.					
Beat your time Can you beat your previous time?					

Let us know what challenge(s) you are taking part in and share a photo or video with us on social media @witchfordSSP or via email CMurfit@improveit.ltd



Scavenger Hunt

How many of the items below can you spot on your run?

NATURE
SCAVENGER HUNT

 Flower  Butterfly

 Water  Grass

 Tree  Green Leaf

 Spiderweb  Brown Leaf

 Bug  Ant

 Rocks  Fern

 Bird  Cloud

 Tree Bark  Sand or Dirt

www.stayathomemum.com.au



Competitive Time!

For those of you motivated by a bit of competition we challenge you to see how fast you can run 1 mile?

Record your score below so you do not forget!

Attempt	Time
1	
2	
3	
Personal Best	

Who will be the fastest runner in your class or school? Which school will have the fastest runners ? Who will be the fastest runner in Cambridgeshire and Peterborough?



Get social and share your time with us @WitchfordSSP

Make sure you also ask your teacher to register and submit your personal best time to be in with the chance of winning a prize!

