					VMS	9 MINU	UTE RUN	MEASU	REN	MENT – 18.	5 laps = 1	mile				
NAM	E-					SECTIO	ON-		7	TEACHER-						
DATE	OF RUN							NAME	OE I	DADTNED M	/UO 18 CO	UNTING MY L	A D C			
DATE	OF RUN	-						INAIVIE	OF I	PARINER W	/HO 15 CO	UNTING WIT L	AP3-			
CIRC	LE THE N	UMBER	EACH TIN	/IE THE	RUNNER	PASSE	ES THE ST	ΓART.								
1	2	3	4	5	6	7	8	,	9	10	11	12	13	14	ļ	15
16	17	18	19	20	21	22	2 23	2	24	25	26	27	28	29)	30
GOAL FOR TOTAL NUMBER OF LAPS RUN TODAY→					TOTAL N	IUMBER OF LAP	S RUN→	>			WHEN THE 9 MINUTE WHISTLE BLEW, RUNNER WAS AT CONE # \rightarrow					
	NG HEART RATE ORE THE RUN	≣		wo	RKING HEART AFTER RUN					COVERY HEART R AFTER COOLDOW			ACCORDING THE,HEART RAT THIS A CARDIOVA ACTIVITY TO	TE, WAS ASCULAR	YES	or NO
DATE OF RUN-								NAME	NAME OF PARTNER WHO IS COUNTING MY LAPS-							
CIRC	LE THE N	UMBER	EACH TIN	/IE THE	RUNNER	PASSE	S THE ST	ΓART.								
1	2	3	4	5	6	7	8	9	9	10	11	12	13	14	1	15
16	17	18	19	20	21	22	2 23	2	24	25	26	27	28	29)	30
GOAL FOR TOTAL NUMBER OF LAPS RUN TODAY→					S RUN→					MINUTE WHISTLE WAS AT CONE # →						
RESTING HEART RATE BEFORE THE RUN			WO	RKING HEART AFTER RUN				COVERY HEART R AFTER COOLDOW			HEART RATE, WA	ACCORDING TO THE HEART RATE, WAS THIS A CARDIOVASCULAR ACTIVITY TODAY?		or NO		
DATE OF RUN-							NAME OF PARTNER WHO IS COUNTING MY LAPS-									
CIRC	LE THE N	UMBER	EACH TIN	/E THE	RUNNER	PASSE	S THE ST	ΓART.								
1	2	3	4	5	6	7	8	,	9	10	11	12	13	14	ļ	15
16	17	18	19	20	21	22	2 23	2	24	25	26	27	28	29)	30
GOAL FOR TOTAL NUMBER OF LAPS RUN TODAY→				TOTAL NUMBER OF LAP								WHEN THE 9 MINUTE WHISTLE BLEW, RUNNER WAS AT CONE # $ ightarrow$				
	NG HEART RATE ORE THE RUN	=		wo	RKING HEART AFTER RUN					COVERY HEART R AFTER COOLDOW			ACCORDING T HEART RATE, WA CARDIOVASC ACTIVITY TO	AS THIS A ULAR	YES	or NO

					VMS	9 MINU	JTE RUN	MEASU	RE	MENT – 18.	5 laps =	1 mile				
NAMI	E -					SECTIO	N-			TEACHER-						
								1								
DATE OF RUN-								NAME OF PARTNER WHO IS COUNTING MY LAPS-								
CIRC	LE THE N	NUMBER	EACH TIN	/IE THE F	RUNNER	PASSE	S THE ST	ΓART.								
1	2	3	4	5	6	7	8		9	10	11	12	13	14	15	
16	17	18	19	20	21	22	23	2	24	25	26	27	28	29	30	
GOAL FOR TOTAL NUMBER OF LAPS RUN TODAY→					TOTAL NUMBER OF LAPS					UN→			WHEN THE 9 MINUTE WHISTLE BLEW, RUNNER WAS AT CONE # →			
RESTING HEART RATE BEFORE THE RUN				WOF	RKING HEART AFTER RUN				COVERY HEART F AFTER COOLDOW			THE,HEART RATHIS A CARDIOVA	ACCORDING TO THE,HEART RATE, WAS THIS A CARDIOVASCULAR ACTIVITY TODAY? YES OR NC			
DATE OF RUN- NAME OF PARTNER WHO IS COUNTING MY LAPS-																
CIRC	LE THE N	NUMBER	EACH TIN	IE THE F	RUNNER	PASSE	S THE ST	ΓART.								
1	2	3	4	5	6	7	8		9	10	11	12	13	14	15	
16	17	18	19	20	21	22	23	2	24	25	26	27	28	29	30	
GOAL FOR TOTAL NUMBER OF LAPS RUN TODAY→ TOTAL NUMBER OF LAPS RUN→									9 MINUTE WHISTLE R WAS AT CONE # →							
	NG HEART RAT ORE THE RUN	Ē		WOF	RKING HEART AFTER RUN					COVERY HEART F AFTER COOLDOW		·	ACCORDING T HEART RATE, WA CARDIOVASC ACTIVITY TO	AS THIS A YES	S OR NO	
DATE OF RUN-								NAME OF PARTNER WHO IS COUNTING MY LAPS-								
CIRC	LE THE N	NUMBER	EACH TIN	/IE THE F	RUNNER	PASSE	S THE ST	ΓART.								
1	2	3	4	5	6	7	8	!	9	10	11	12	13	14	15	
16	17	18	19	20	21	22	23	. 2	24	25	26	27	28	29	30	
GOAL FOR TOTAL NUMBER OF LAPS RUN TODAY→					TOTAL NU	UMBER OF LAP	'S RUN→					WHEN THE 9 MINUTE WHISTLE BLEW, RUNNER WAS AT CONE # →				
	NG HEART RAT ORE THE RUN	E		WOF	RKING HEART AFTER RUN					COVERY HEART F AFTER COOLDOW		•	ACCORDING T HEART RATE, WA CARDIOVASO ACTIVITY TO	AS THIS A YES	S or NO	