

VMS 9 MINUTE RUN MEASUREMENT – 18.5 laps = 1 mile

NAME-	SECTION-	TEACHER-
--------------	-----------------	-----------------

--

DATE OF RUN-	NAME OF PARTNER WHO IS COUNTING MY LAPS-
---------------------	---

CIRCLE THE NUMBER EACH TIME THE RUNNER PASSES THE START.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

GOAL FOR TOTAL NUMBER OF LAPS RUN TODAY →		TOTAL NUMBER OF LAPS RUN →		WHEN THE 9 MINUTE WHISTLE BLEW, RUNNER WAS AT CONE # →	
---	--	----------------------------	--	--	--

RESTING HEART RATE BEFORE THE RUN		WORKING HEART RATE AFTER RUN		RECOVERY HEART RATE AFTER COOLDOWN		ACCORDING TO THE HEART RATE, WAS THIS A CARDIOVASCULAR ACTIVITY TODAY?	YES OR NO
-----------------------------------	--	------------------------------	--	------------------------------------	--	--	------------------

--

DATE OF RUN-	NAME OF PARTNER WHO IS COUNTING MY LAPS-
---------------------	---

CIRCLE THE NUMBER EACH TIME THE RUNNER PASSES THE START.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

GOAL FOR TOTAL NUMBER OF LAPS RUN TODAY →		TOTAL NUMBER OF LAPS RUN →		WHEN THE 9 MINUTE WHISTLE BLEW, RUNNER WAS AT CONE # →	
---	--	----------------------------	--	--	--

RESTING HEART RATE BEFORE THE RUN		WORKING HEART RATE AFTER RUN		RECOVERY HEART RATE AFTER COOLDOWN		ACCORDING TO THE HEART RATE, WAS THIS A CARDIOVASCULAR ACTIVITY TODAY?	YES OR NO
-----------------------------------	--	------------------------------	--	------------------------------------	--	--	------------------

--

DATE OF RUN-	NAME OF PARTNER WHO IS COUNTING MY LAPS-
---------------------	---

CIRCLE THE NUMBER EACH TIME THE RUNNER PASSES THE START.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

GOAL FOR TOTAL NUMBER OF LAPS RUN TODAY →		TOTAL NUMBER OF LAPS RUN →		WHEN THE 9 MINUTE WHISTLE BLEW, RUNNER WAS AT CONE # →	
---	--	----------------------------	--	--	--

RESTING HEART RATE BEFORE THE RUN		WORKING HEART RATE AFTER RUN		RECOVERY HEART RATE AFTER COOLDOWN		ACCORDING TO THE HEART RATE, WAS THIS A CARDIOVASCULAR ACTIVITY TODAY?	YES OR NO
-----------------------------------	--	------------------------------	--	------------------------------------	--	--	------------------

VMS 9 MINUTE RUN MEASUREMENT – 18.5 laps = 1 mile

NAME-	SECTION-	TEACHER-
--------------	-----------------	-----------------

DATE OF RUN-	NAME OF PARTNER WHO IS COUNTING MY LAPS-
---------------------	---

CIRCLE THE NUMBER EACH TIME THE RUNNER PASSES THE START.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

GOAL FOR TOTAL NUMBER OF LAPS RUN TODAY →		TOTAL NUMBER OF LAPS RUN →		WHEN THE 9 MINUTE WHISTLE BLEW, RUNNER WAS AT CONE # →	
---	--	----------------------------	--	--	--

RESTING HEART RATE BEFORE THE RUN		WORKING HEART RATE AFTER RUN		RECOVERY HEART RATE AFTER COOLDOWN		ACCORDING TO THE HEART RATE, WAS THIS A CARDIOVASCULAR ACTIVITY TODAY?	YES OR NO
-----------------------------------	--	------------------------------	--	------------------------------------	--	--	-----------

DATE OF RUN-	NAME OF PARTNER WHO IS COUNTING MY LAPS-
---------------------	---

CIRCLE THE NUMBER EACH TIME THE RUNNER PASSES THE START.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

GOAL FOR TOTAL NUMBER OF LAPS RUN TODAY →		TOTAL NUMBER OF LAPS RUN →		WHEN THE 9 MINUTE WHISTLE BLEW, RUNNER WAS AT CONE # →	
---	--	----------------------------	--	--	--

RESTING HEART RATE BEFORE THE RUN		WORKING HEART RATE AFTER RUN		RECOVERY HEART RATE AFTER COOLDOWN		ACCORDING TO THE HEART RATE, WAS THIS A CARDIOVASCULAR ACTIVITY TODAY?	YES OR NO
-----------------------------------	--	------------------------------	--	------------------------------------	--	--	-----------

DATE OF RUN-	NAME OF PARTNER WHO IS COUNTING MY LAPS-
---------------------	---

CIRCLE THE NUMBER EACH TIME THE RUNNER PASSES THE START.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

GOAL FOR TOTAL NUMBER OF LAPS RUN TODAY →		TOTAL NUMBER OF LAPS RUN →		WHEN THE 9 MINUTE WHISTLE BLEW, RUNNER WAS AT CONE # →	
---	--	----------------------------	--	--	--

RESTING HEART RATE BEFORE THE RUN		WORKING HEART RATE AFTER RUN		RECOVERY HEART RATE AFTER COOLDOWN		ACCORDING TO THE HEART RATE, WAS THIS A CARDIOVASCULAR ACTIVITY TODAY?	YES OR NO
-----------------------------------	--	------------------------------	--	------------------------------------	--	--	-----------

