

Name \_\_\_\_\_ Period \_\_\_\_\_ Grade \_\_\_\_\_

# 1 MILE RUN GRAPH

The 1 Mile Run measures muscular and cardiovascular endurance. Your cardiovascular endurance determines how well your heart and lungs supply energy to your body.

## Standards for Healthy Fitness Zone

**7th/8th Grade Boys**  
 Below 7:24 - GOLD  
 7:25 - 8:24 - SILVER  
 8:25 - 9:54 - BRONZE  
 9:55 - 10:54 - RED  
 10:55 - Above - WHITE

*GOLD = OUTSTANDING*  
*SILVER = GREAT*  
*BRONZE = NOT BAD*  
*RED = KEEP TRYING*  
*WHITE = NEVER GIVE UP!*

**7th/8th Grade Girls**  
 Below 8:24 - GOLD  
 8:25 - 9:24 - SILVER  
 9:25 - 10:54 - BRONZE  
 10:55 - 11:54 - RED  
 11:55 - Above - WHITE

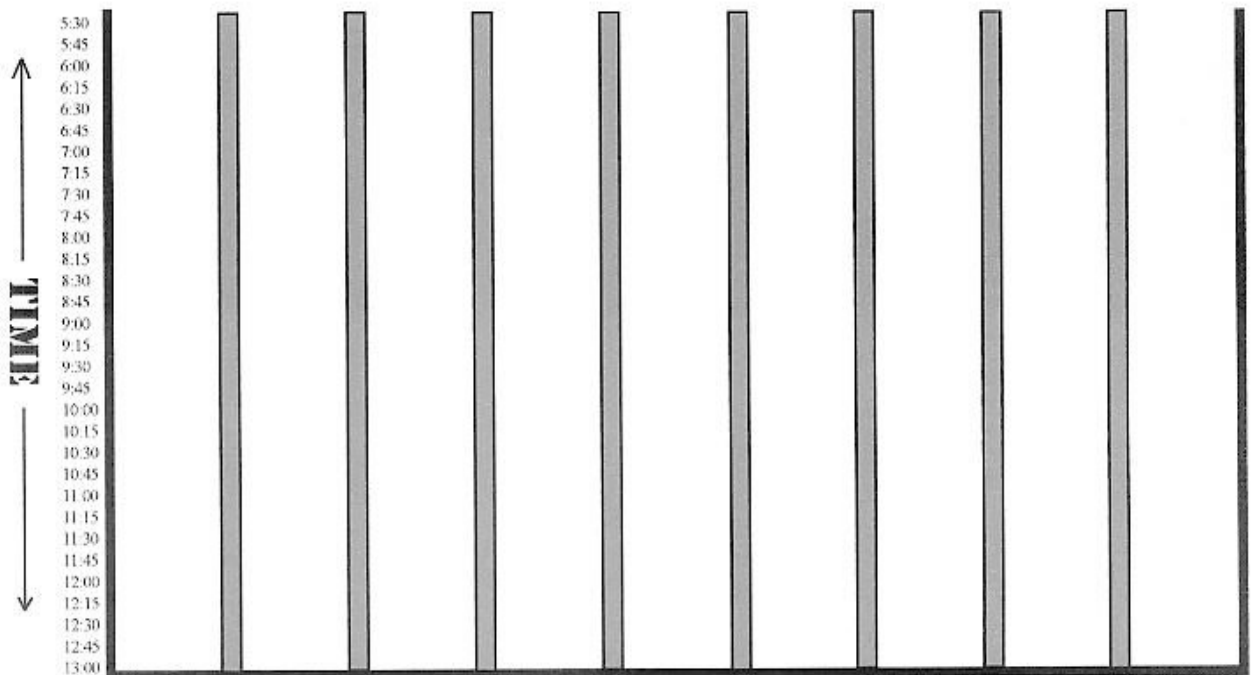
**6th Grade Boys**  
 Below 7:59 - GOLD  
 8:00 - 8:59 - SILVER  
 9:00 - 10:29 - BRONZE  
 10:30 - 11:29 - RED  
 11:30 - Above - WHITE

## MY GOAL FOR THE 1 MILE RUN IS:

:	
minutes	seconds

**6th Grade Girls**  
 Below 8:59 - GOLD  
 9:00 - 9:59 - SILVER  
 10:00 - 11:29 - BRONZE  
 11:30 - 12:29 - RED  
 12:30 - Above - WHITE

	1	2	3	4	5	6	7	8	9
Date									
Time									



**Bar Graph**  
 (Shade UP to your time)