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Keeping a diary of your Daily Mile can help you see the progress you are making and give you space to record how moving makes you feel too.

Day of the week	Circle the face that reflects your feeling before the run/jog/wheel/walk	How far did you go?	What route did you do?	Circle the face that reflects your feeling after the run/jog/wheel/walk
Monday	  			  
Tuesday	  			  
Wednesday	  			  
Thursday	  			  
Friday	  			  
Saturday	  			  
Sunday	  			  

We would love to hear about how you are achieving your Daily Mile and how this makes you feel. Tell us your stories by emailing thedailymile@northlincs.gov.uk. Any submissions will be go into a prize draw, details of which can be found at www.northlincs.gov.uk/nlactive/fitforlife. Further information and resources can also be found here. **#NLActive #NLgetmoving #Fitforlife**