**Personal Best (PB)** /noun/ The best time or score ever achieved by an individual or team in a particular event or performance.

When our performances are timed or scored, we have two choices. We can compare ourselves to others and go down the path of negative self-talk. Or we can set a personal goal for improvement, use positive self-talk to stay focused, and then do the work that needs to be done to help us improve our personal best records. Today, let’s choose personal goals and positive self-talk.

You’ll use this journal page to record information about your 800-meter time trials. You and your teammates will time each other while using positive and encouraging words. Then, you’ll set a goal for your second trial and choose a path toward improvement.

**TRIAL #1**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Distance** | **Personal Best Time** | **RPE [1-10]** | **Heart Rate [BPM]** |
|  | **800 Meters** |  |  |  |

**Great job with Trial #1!** Now it’s time to think about ways that you can improve during your next trial. Use the space in the table below to write out your strategy for improvement.

|  |
| --- |
| **What are two things that you can do outside of physical education class to improve your personal best in the 800-meter run?** |
|  |
| **What is one thing that you can do during your next run to improve your personal best?** |
|  |

**TRIAL #2**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Distance** | **New Trial Time** | **RPE [1-10]** | **Heart Rate [BPM]** |
|  | **800 Meters** |  |  |  |

**Did you record a personal best?** YES or NO

If not, it’s okay. Repeat this process until you reach a new PB!

*Every day is an opportunity to improve. Every minute is a chance to choose a forward path.*