



SWIM5k

in June

Your daily tracker

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	31	1 Meters completed: _____ Total so far: _____	2 Meters completed: _____ Total so far: _____	3 Meters completed: _____ Total so far: _____	4 Meters completed: _____ Total so far: _____
5 Meters completed: _____ Total so far: _____	6 Meters completed: _____ Total so far: _____	7 Meters completed: _____ Total so far: _____	8 Meters completed: _____ Total so far: _____	9 Meters completed: _____ Total so far: _____	10 Meters completed: _____ Total so far: _____	11 Meters completed: _____ Total so far: _____
12 Meters completed: _____ Total so far: _____	13 Meters completed: _____ Total so far: _____	14 Meters completed: _____ Total so far: _____	15 Meters completed: _____ Total so far: _____	16 Meters completed: _____ Total so far: _____	17 Meters completed: _____ Total so far: _____	18 Meters completed: _____ Total so far: _____
19 Meters completed: _____ Total so far: _____	20 Meters completed: _____ Total so far: _____	21 Meters completed: _____ Total so far: _____	22 Meters completed: _____ Total so far: _____	23 Meters completed: _____ Total so far: _____	24 Meters completed: _____ Total so far: _____	25 Meters completed: _____ Total so far: _____
26 Meters completed: _____ Total so far: _____	27 Meters completed: _____ Total so far: _____	28 Meters completed: _____ Total so far: _____	29 Meters completed: _____ Total so far: _____	30 Meters completed: _____ Total so far: _____		

You can do this!

You're half way there!

Week three done!

You did it!

Kick start your fundraising

- Set up your online giving page
- Share your challenge to friends and family
- Self-donate £5

Total reps: _____
Total amount raised: _____





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