Keep track of your mileage and have fun!! All of your swimming yardage counts:

1760 yards= 1 mile 1600 meters= 1 mile

Mark the chart on the days you swim each week. Use as many charts as you wish. There is no time limit.

Send in your results!!

Day	1	2	3	4	5	6	7	8	9	10	Total Distance
Distance											
Day	11	12	13	14	15	16	17	18	19	20	Total Distance
Distance											
Day	21	22	23	24	25	26	27	28	29	30	Total Distance
Distance											
Day	31										Total Distance
Distance											