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

$$
\begin{aligned}
& 1760 \text { yards }=1 \text { mile } \\
& 1600 \text { meters }=1 \text { mile }
\end{aligned}
$$

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 <br> Distance |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Distance |  |  |  |  |  |  |  |  |  |  |  |
| Day | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | Distalce |
| Distance |  |  |  |  |  |  |  |  |  |  |  |
| Day | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | Cotal |
| Distance |  |  |  |  |  |  |  |  |  |  | Distance |
| Day | 31 |  |  |  |  |  |  |  |  |  |  |
| Distance |  |  |  |  |  |  |  |  |  |  |  |

