



**GREAT
ORMOND
STREET
HOSPITAL
CHARITY**

Swim 8K in October



Record how many metres you swim throughout the month to keep track of your progress. Remember, 8K is 8000 metres!

START!	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
	M TODAY	M TODAY M TOTAL	M TODAY M TOTAL	M TODAY M TOTAL	M TODAY M TOTAL
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	DAY 11
M TODAY M TOTAL	M TODAY M TOTAL	M TODAY M TOTAL	M TODAY M TOTAL	M TODAY M TOTAL	M TODAY M TOTAL
DAY 12	DAY 13	DAY 14	DAY 15	DAY 16	OVER 1/2 WAY
M TODAY M TOTAL	M TODAY M TOTAL	M TODAY M TOTAL	M TODAY M TOTAL	M TODAY M TOTAL	
DAY 17	DAY 18	DAY 19	DAY 20	DAY 21	DAY 22
M TODAY M TOTAL	M TODAY M TOTAL	M TODAY M TOTAL	M TODAY M TOTAL	M TODAY M TOTAL	M TODAY M TOTAL
DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
M TODAY M TOTAL	M TODAY M TOTAL	M TODAY M TOTAL	M TODAY M TOTAL	M TODAY M TOTAL	M TODAY M TOTAL
DAY 29	DAY 30	DAY 31	FINISH!	TOTAL DISTANCE SWUM IN OCTOBER:	
M TODAY M TOTAL	M TODAY M TOTAL	M TODAY M TOTAL			

CONGRATULATIONS!

You've reached the end of your 8K challenge. You are amazing! Thank you so much for supporting Great Ormond Street Hospital Children's Charity.

**SET UP YOUR
FUNDRAISER**

