



**GREAT
ORMOND
STREET
HOSPITAL
CHARITY**

Swim 8K in March



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

START!

DAY 1

M
.....
TODAY

M
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TOTAL

M
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TODAY

M
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TOTAL

M
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TODAY

M
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TOTAL

M
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TODAY

M
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TOTAL

M
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TODAY

M
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TOTAL

DAY 6

M
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TODAY

M
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TOTAL

DAY 7

M
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TODAY

M
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TOTAL

DAY 8

M
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TODAY

M
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TOTAL

DAY 9

M
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TODAY

M
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TOTAL

DAY 10

M
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TODAY

M
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TOTAL

DAY 11

M
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TODAY

M
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TOTAL

DAY 12

M
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TODAY

M
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TOTAL

DAY 13

M
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TODAY

M
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TOTAL

DAY 14

M
.....
TODAY

M
.....
TOTAL

DAY 15

M
.....
TODAY

M
.....
TOTAL

DAY 16

M
.....
TODAY

M
.....
TOTAL

OVER 1/2 WAY

DAY 17

M
.....
TODAY

M
.....
TOTAL

DAY 18

M
.....
TODAY

M
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TOTAL

DAY 19

M
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TODAY

M
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TOTAL

DAY 20

M
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TODAY

M
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TOTAL

DAY 21

M
.....
TODAY

M
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TOTAL

DAY 22

M
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TODAY

M
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TOTAL

DAY 23

M
.....
TODAY

M
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TOTAL

DAY 24

M
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TODAY

M
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TOTAL

DAY 25

M
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TODAY

M
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TOTAL

DAY 26

M
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TODAY

M
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TOTAL

DAY 27

M
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TODAY

M
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TOTAL

DAY 28

M
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TODAY

M
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TOTAL

DAY 29

M
.....
TODAY

M
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TOTAL

DAY 30

M
.....
TODAY

M
.....
TOTAL

DAY 31

M
.....
TODAY

M
.....
TOTAL

FINISH!

**TOTAL DISTANCE
SWUM IN MARCH:**

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**

