



13 DAY AUGUST SWIM CHALLENGE

PROGRESS TRACKER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Day!! You can do this!
2	3	4	5	6 Fun fact: You're <u>amazing!</u>	7	8
9	10	11 You've Got this!!!	12	13	14	15
16 You're halfway there! 	17	18	19	20	21 Don't stop now!	22
23	24	25 Almost there! 	26	27	28	29
30	31 Can't believe you're done!					