

# Swim Planner and Tracker

## NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Yards	Yards	Yards	Yards	Yards	Yards	Yards
Meters	Meters	Meters	Meters	Meters	Meters	Meters
Time	Time	Time	Time	Time	Time	Time
8	9	10	11	12	13	14
Yards	Yards	Yards	Yards	Yards	Yards	Yards
Meters	Meters	Meters	Meters	Meters	Meters	Meters
Time	Time	Time	Time	Time	Time	Time
15	16	17	18	19	20	21
Yards	Yards	Yards	Yards	Yards	Yards	Yards
Meters	Meters	Meters	Meters	Meters	Meters	Meters
Time	Time	Time	Time	Time	Time	Time
22	23	24	25	26	27	28
Yards	Yards	Yards	Yards	Yards	Yards	Yards
Meters	Meters	Meters	Meters	Meters	Meters	Meters
Time	Time	Time	Time	Time	Time	Time
29	30					
Yards	Yards					
Meters	Meters					
Time	Time					

1760 Yards = 1 Mile  
 10 miles = 17,600 yards  
 Yards in a day to reach goal: 586.7  
 Yards in 7 days to reach goal: 4400

1609 Meters = 1 Mile  
 10 miles = 16,090 meters  
 Meters in a day to reach goal: 536.3  
 Meters in 7 days to reach goal: 4022.5

Submit your progress on the Submission Form found online at [www.kent.edu/recservices/aquatic-challenge](http://www.kent.edu/recservices/aquatic-challenge)