Hood 125-Mile Swim Challenge Log

(Goal -1.563 miles per day)

Day	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Sunday													
Monday													
Tuesday													
Wednesday													
Thursday													
Friday													
Saturday													
Total													
2 Week Total----------->													
3 Week Total------------------------>													
4 Week Total------------------------------------>													
5 Week Total-->													
6 Week Total--->													
7 Week Total--->													
8 Week Total-->													
9 Week Total-->													
10 Week Total-->													
11 Week Total-->													
12 Week Total-->													
13 Week Total-->													

Name_____

_____ Faculty   _____ Staff   _____ Student