

# BREAST CANCER NOW

The research & support charity

# SWIM 10 MILES

1 MONTH • 1 CHALLENGE • 1 GOAL

Record your miles in the box each day to keep track of your progress



DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

DAY 15



DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

DAY 22

DAY 23

DAY 24

DAY 25

DAY 26

DAY 27

DAY 28

DAY 29

DAY 30

DAY 31

FINISH!



TOTAL MILES SWAM  
IN JULY

## CONGRATULATIONS

You've reached the end of your Swim 10 Miles challenge. Thank you so much for supporting Breast Cancer Now.

Share your success on our Facebook Group

[www.facebook.com/groups/swim10mile](https://www.facebook.com/groups/swim10mile)

