Limb POWER Living life without limles 100 PEOPLE : 100 100 DAYS

For more information on the 100 people, $£ 100,100$ days challenge
please contact
carly@limbpower.com

# Virtual Channel Swim Record Card 

100 PEOPLE E\{100 100 DAYS

Swim Record Card Number:

| Session no. | Date | No. of lengths | Running Total |
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| 25 Meter Pool | 1 mile $=\mathbf{6 4 . 4}$ lengths | 21 miles $=\mathbf{1 , 3 5 2 . 4}$ lengths |
| :--- | :--- | :--- |
| 50 Meter Pool | 1 mile $=\mathbf{3 2 . 2}$ lengths | 21 miles $=\mathbf{6 7 6 . 2}$ lengths |


| Session no. | Date | No. of lengths | Running Total |
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