



## Tracking Sheet: FULL

NAME: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_



### 2.4 Mile SWIM

Each box represents 1/4 mile

.25	.5	.75	1	1.25	1.5
1.75	2	2.25	2.4		

### 26.2 Mile RUN/WALK

Each box represents 1 mile

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	.2			



## Tracking Sheet: HALF

NAME: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_



### 1.2 Mile SWIM

Each box represents 1/4 mile

.25	.50	.75	1.0	.2	

### 13.1 Mile RUN/WALK

Each box represents 1 mile

1	2	3	4	5	6
7	8	9	10	11	12
13	.1				

