

PROGRESS TRACKER

NAME

MY FUNDRAISING GOAL IS £

SWIM22

I'll be clocking off the lengths and raising funds to help end the harm caused by diabetes whilst swimming towards a healthier me.

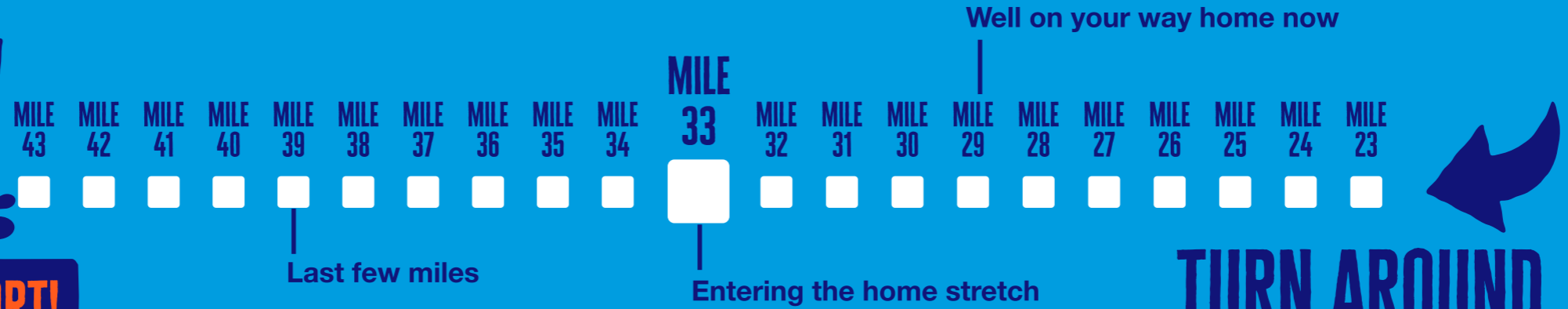


DIVE IN



EPIC EFFORT!

Wow! You've swum the distance to France and back.



TURN AROUND (FOR THOSE DOING THE DOUBLE)

Track your lengths, get fundraising and find tips, support and more at swim22.diabetes.org.uk