


Name: Term: Year:	Previous Best Time	Current Time		Previous Best Time	Current Time
25m Butterfly			25m Crawl		
50m Butterfly			50m Crawl		
25m Backstroke			100m Individual Medley		
50m Backstroke			100m Crawl		
25m Breaststroke			<b>SUPER STAR!</b> <b>You got this!</b> 		
50m Breaststroke					

My best race was:

My biggest improvement was:

The thing I am most proud of is:

What I have learned about myself is:

What I would like to work on next term is:

A message to myself is: