<table>
<thead>
<tr>
<th>Task</th>
<th>Reward</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hold my breath and count to five</td>
<td></td>
<td>19 Feb 2011 - Uncle Martin</td>
</tr>
<tr>
<td>Blow bubbles in the water</td>
<td></td>
<td>27 Feb 2011 - Uncle Martin</td>
</tr>
<tr>
<td>Hold on to the side and tilt my head back in the water</td>
<td></td>
<td>6 March 2011 - Uncle Martin</td>
</tr>
<tr>
<td>Slide into the water from sitting on the side</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kick my legs and count to ten (straight legs/floppy feet)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Float on my back like a starfish</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Push off the wall and float 1 metre</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hold my breath and dunk my head underwater</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jump in from the side with someone catching me</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tread water with my arms and legs</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

No exercises done today as pool was too busy.