

Twenty ideas for your AMMF #Summer20Challenge!

1. Run **2.0** miles
2. Cycle (indoor or out!) **20** miles



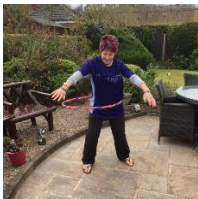
3. Score **20** at bat and ball
4. Do **20** keepy uppies
5. Indoor row for **20** minutes
6. Read for **20** minutes



7. Garden for **20** minutes
8. **20** sit-ups
9. **20** press-ups



10. **20** shoulder stands
11. Climb the stairs **20** times
12. Make a daisy chain with **20** daisies
13. Complete a quiz with **20** questions
14. Keep silent for **20** minutes
15. Catch a ball **20** times
16. Hula-hoop **20** times



17. Wash-up **20** items
18. Skip **20** times
19. Play hopscotch **20** times in the garden
20. Donate **£20** to AMMF

The list is endless...but whatever you do, keep safe and enjoy it!

Can we help? If you would like any more information and advice please contact the fundraising team at fundraising@ammf.org.uk