

# YOUR 20 DAY CHALLENGE CALENDAR



Takeda UK Ltd. is the headline sponsor of the 20 for 20 campaign

Please tick each activity once completed and nominate 2 friends to join you on your challenge

<b>1</b> 20 minute walk <input type="checkbox"/>	<b>2</b> 20 stretches <input type="checkbox"/>	<b>3</b> 20 hula-hoops <input type="checkbox"/>	<b>4</b> 20 laps around the garden <input type="checkbox"/>
<b>5</b> Decorate 20 cupcakes <input type="checkbox"/>	<b>6</b> 20 x 20 seconds plank challenge <input type="checkbox"/>	<b>7</b> 20 minutes of dancing <input type="checkbox"/>	<b>8</b> 20 toe-touches <input type="checkbox"/>
<b>9</b> 20 star jumps <input type="checkbox"/>	<b>10</b> 20 minute cycle ride <input type="checkbox"/>	<b>11</b> 20 squats <input type="checkbox"/>	<b>12</b> 20 minute meditation <input type="checkbox"/>
<b>13</b> 20 minutes of gardening <input type="checkbox"/>	<b>14</b> Wear 20 items of clothing at once <input type="checkbox"/>	<b>15</b> 20 hops <input type="checkbox"/>	<b>16</b> Take 20 photos <input type="checkbox"/>
<b>17</b> 20 minute water fight <input type="checkbox"/>	<b>18</b> Learn to count to 20 in a different language <input type="checkbox"/>	<b>19</b> 20 minute de-clutter session <input type="checkbox"/>	<b>20</b> Read 20 pages <input type="checkbox"/>