

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

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| 1 20 sit ups and 20 crunches <input type="checkbox"/> Sarcoma UK | 2 Make and send 20 postcards <input type="checkbox"/> Cancer 52 | 3 Meditate for 20 minutes <input type="checkbox"/> MDS UK | 4 Walk up and down your stairs 20 times <input type="checkbox"/> GIST UK |
| 5 Go on a nature hunt to find 20 different coloured items <input type="checkbox"/> Lymphoma Action | 6 20 minute jog <input type="checkbox"/> Brain Tumour Research | 7 Hula hooping for 20 minutes <input type="checkbox"/> CCLG | 8 Bake or make 20 treats <input type="checkbox"/> Heartburn Cancer UK |
| 9 20 minutes of yoga <input type="checkbox"/> DKMS | 10 Cycle for at least 20 minutes <input type="checkbox"/> It's in the Bag | 11 Walk 20 metres 20 times <input type="checkbox"/> ALK Positive | 12 Hop around your living room 20 times <input type="checkbox"/> PCA |
| 13 Bake 20 orange and purple themed biscuits <input type="checkbox"/> WMUK | 14 Learn to say hello in 20 languages <input type="checkbox"/> Target Ovarian Cancer | 15 Cook a 20 ingredient dish <input type="checkbox"/> Mesothelioma UK | 16 See how far you can power walk in 20 minutes <input type="checkbox"/> Boom Foundation |
| 17 20 burpees <input type="checkbox"/> Solving Kids Cancer | 18 2 minutes of silence, breathing for mindfulness <input type="checkbox"/> Lymphoma Research Trust | 19 Do the 'Twist' for 20 minutes <input type="checkbox"/> AMMF | 20 Walk inside or outside for 20 minutes <input type="checkbox"/> Myeloma UK |