



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

1 Activity	2 Activity	3 Activity	4 Activity
5 Activity	6 Activity	7 Activity	8 Activity
9 Activity	10 Activity	11 Activity	12 Activity
13 Activity	14 Activity	15 Activity	16 Activity
17 Activity	18 Activity	19 Activity	20 Activity

