

# 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

<p><b>1</b> Hop around your bedroom 2 times</p> <input type="checkbox"/>	<p><b>2</b> Learn your 20 or 200 times table</p> <input type="checkbox"/>	<p><b>3</b> Make your own dance routine to 2 songs</p> <input type="checkbox"/>	<p><b>4</b> Learn 2 new spellings</p> <input type="checkbox"/>
<p><b>5</b> Bake 20 cookies</p> <input type="checkbox"/> 	<p><b>6</b> Do 20 star jumps</p> <input type="checkbox"/>	<p><b>7</b> Make 2 postcards to send to your friends</p> <input type="checkbox"/>	<p><b>8</b> Find 20 different bugs and flowers</p> <input type="checkbox"/> 
<p><b>9</b> Make a pillow den in 2 minutes</p> <input type="checkbox"/>	<p><b>10</b> See how far you can run in 20 seconds</p> <input type="checkbox"/> 	<p><b>11</b> Try 2 new foods</p> <input type="checkbox"/>	<p><b>12</b> Make a picture out of 20 different objects</p> <input type="checkbox"/>
<p><b>13</b> Learn hello and thank you in 2 different languages</p> <input type="checkbox"/>	<p><b>14</b> Do a 20 head or handstands</p> <input type="checkbox"/> 	<p><b>15</b> Make a bug hotel with room for 20 different mini beasts</p> <input type="checkbox"/>	<p><b>16</b> Walk around 20 different streets</p> <input type="checkbox"/> 
<p><b>17</b> Stand on 1 leg for 20 seconds, then the other</p> <input type="checkbox"/>	<p><b>18</b> Take 20 penalties</p> <input type="checkbox"/> 	<p><b>19</b> Wear 20 items of clothing at once</p> <input type="checkbox"/>	<p><b>20</b> Say hello to 20 different people</p> <input type="checkbox"/> 