

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