

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>1 Hop around your bedroom 2 times</p> <input type="checkbox"/>	<p>2 Learn your 20 or 200 times table</p> <p>20x20=?</p> <input type="checkbox"/>	<p>3 Make your own dance routine to 2 songs</p> <input type="checkbox"/>	<p>4 Learn 2 new spellings</p> <input type="checkbox"/>
<p>5 Bake 20 cookies</p> <input type="checkbox"/> 	<p>6 Do 20 star jumps</p> <input type="checkbox"/>	<p>7 Make 2 postcards to send to your friends</p> <input type="checkbox"/>	<p>8 Find 20 different bugs and flowers</p> <input type="checkbox"/> 
<p>9 Make a pillow den in 2 minutes</p> <input type="checkbox"/>	<p>10 See how far you can run in 20 seconds</p> <input type="checkbox"/> 	<p>11 Try 2 new foods</p> <input type="checkbox"/>	<p>12 Make a picture out of 20 different objects</p> <input type="checkbox"/>
<p>13 Learn hello and thank you in 2 different languages</p> <input type="checkbox"/>	<p>14 Do a 20 head or handstands</p> <input type="checkbox"/> 	<p>15 Make a bug hotel with room for 20 different mini beasts</p> <input type="checkbox"/>	<p>16 Walk around 20 different streets</p> <input type="checkbox"/> 
<p>17 Stand on 1 leg for 20 seconds, then the other</p> <input type="checkbox"/>	<p>18 Take 20 penalties</p> <input type="checkbox"/> 	<p>19 Wear 20 items of clothing at once</p> <input type="checkbox"/>	<p>20 Say hello to 20 different people</p> <input type="checkbox"/> 