



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

