



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 Set up a virtual quiz with 20 others to fundraise for DKMS</p> <input type="checkbox"/>	<p>2 Do 20 sit-ups</p> <input type="checkbox"/> 	<p>3 Bake 20 cupcakes or cookies</p> <input type="checkbox"/> 	<p>4 Walk for 20 minutes</p> <input type="checkbox"/>
<p>5 Ask 20 friends/colleagues to share the DKMS registration link</p> <input type="checkbox"/>	<p>6 Do 20 minutes of yoga</p> <input type="checkbox"/> 	<p>7 Paint 20 friendship stones and place them around your local area</p> <input type="checkbox"/>	<p>8 Cycle for 20 minutes</p> <input type="checkbox"/> 
<p>9 Watch 2 super scary horror films</p> <input type="checkbox"/>	<p>10 Do 20 keepie-uppies</p> <input type="checkbox"/>	<p>11 Share a DKMS social media post with 20 friends/contacts</p> <input type="checkbox"/>	<p>12 Do a 2 minute plank</p> <input type="checkbox"/> 
<p>13 Run or jog for 20 minutes</p> <input type="checkbox"/> 	<p>14 Run a 20 minute Twitch gaming fundraiser</p> <input type="checkbox"/>	<p>15 Balance on one leg for 2 minutes</p> <input type="checkbox"/>	<p>16 Meditate for 20 minutes</p> <input type="checkbox"/>
<p>17 Paint your nails red in 2 minutes #letsnailblo odcancer</p> <input type="checkbox"/>	<p>18 Do 20 star jumps</p> <input type="checkbox"/> 	<p>19 Sell two unwanted items, with proceeds going to DKMS</p> <input type="checkbox"/>	<p>20 If you haven't already, register as a blood stem cell donor with DKMS!</p> <input type="checkbox"/>

