CROHN'S & COLITIS UK

BIG WINTER WORKOUT

CHALLENGE TRACKER

Track your activity and minutes on this handy calendar or why not use this to plan your daily activities in advance!

LET'S GO!

HALF WAY

KEEP GOING

ALMOST THERE

YAY YOU DID IT!

						TOTAL
1 Activity: Minutes completed:	2 Activity: Minutes completed:	3 Activity: Minutes completed:				
4 Activity: Minutes completed:	5 Activity: Minutes completed:	6 Activity: Minutes completed:	7 Activity: Minutes completed:	8 Activity: Minutes completed:	9 Activity: Minutes completed:	10 Activity: Minutes completed:
11 Activity: Minutes completed:	12 Activity: Minutes completed:	13 Activity: Minutes completed:	14 Activity: Minutes completed:	15 Activity: Minutes completed:	16 Activity: Minutes completed:	17 Activity: Minutes completed:
18 Activity: Minutes completed:	19 Activity: Minutes completed:	20 Activity: Minutes completed:	21 Activity: Minutes completed:	22 Activity: Minutes completed:	23 Activity: Minutes completed:	24 Activity: Minutes completed:
25 Activity: Minutes completed:	26 Activity: Minutes completed:	27 Activity: Minutes completed:	28 Activity: Minutes completed:	29 Activity: Minutes completed:	30 Activity: Minutes completed:	31 Activity: Minutes completed:

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Tag us in your photos! #BigWinterWorkout @crohnsandcolitisuk

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