



Challenge tracker

Use this handy tracker to plan and track your skipping sessions.

Remember, you're aiming for 123 skips each day. It's your choice whether you do them all at once or spread them throughout the day.

Tag us in your photos!



@crohnsandcolitisuk
#BigSummerSkip

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEKLY TOTAL SKIPS
<h2>GET READY TO SKIP INTO SUMMER</h2>							
1	2						
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
31	<h2>YOU DID IT! THANKS FOR SKIPPING WITH US</h2>						FINAL TOTAL SKIPS



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