CROHN'S & COLITIS UK

BIG SUMMER SKIP

Challenge tracker

August 2025

Plan and track your skipping sessions here!

Tag us in your photos!
#BigSummerSkip
@crohnsandcolitisuk

M	T	W	T	F	S	S
				1 Session complete ☐	2 Session complete ☐	3 Session complete ☐
4 Session complete ☐	5 Session complete ☐	Share your pics 6 Session complete ☐	7 Session complete ☐	8 Session complete ☐	9 Session complete ☐	10 Session complete ☐
11 Session complete ☐	12 Session complete ☐	13 Session complete ☐	14 Session complete ☐	15 Half way Session complete ☐	16 Session complete ☐	17 Session complete ☐
18 Session complete ☐	19 Session complete ☐	20 Session complete ☐	21 Session complete ☐	22 Session complete ☐	23 Session complete ☐	24 Session complete ☐
25 Session complete ☐	26 Session complete ☐	27 Session complete ☐	28 Session complete ☐	Nearly there 29 Session complete ☐	30 Session complete ☐	31 You did it! Session complete ☐

Registered with FUNDRAISING REGULATOR

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