

WORKOUT FOR WISHES



Let's go!



Great start!

Nearly there!

Half way!
Keep up the great work

Yay! You did it!

TOTAL REPS

WELCOME

Welcome to Workout for Wishes Challenge - 57 squats, sit-ups or burpees a day in January. Write in the stars the number of reps you've completed each day and watch them add up. Good Luck!

DAY 7

Make sure you're updating your fundraising page. Sharing why you're taking on the challenge and want to make wishes come true for critically ill children. It's a great way to make your fundraising page more personal.

DAY 14

You're doing an amazing job. Don't forget to share your fundraising page!

DAY 21

Wear what you wish! Workout in fancy dress and share your photos in the group!

DAY 31

CONGRATULATIONS!

You did it, thank you so much. Every workout you completed has helped to make wishes come true for critically ill children.