

'50 Challenge' – Activity Tracker

Thank you for taking part in our '50 Challenge' to help celebrate the 50th Birthday of Coeliac UK and raise vital funds for people who need to live without gluten.

Whether it's walking a mile for 50 days, swimming 50 lengths or even completing 50 exercises a day, challenge yourself to do whatever you can and ask your friends and family to sponsor you!

Use the tracker below to make a note of your activity over the 50 day challenge.

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15
Day 16	Day 17	Day 18	Day 19	Day 20
Day 21	Day 22	Day 23	Day 24	Day 25
Day 26	Day 27	Day 28	Day 29	Day 30
Day 31	Day 32	Day 33	Day 34	Day 35
Day 36	Day 37	Day 38	Day 39	Day 40
Day 41	Day 42	Day 43	Day 44	Day 45
Day 46	Day 47	Day 48	Day 49	Day 50

Name