

100 Push-Ups a Day in November



Getting Started Checklist:

- Register with this link and setup your JustGiving page: <https://givp.nl/register/kASDF1xT>
- Share your fundraiser with your friends and invite them to support you.
- After you complete your push-ups, record your progress on your calendar AND post to your JustGiving fundraiser page so friends and family can donate to support your efforts.
- Have questions? We have answers! Visit our FAQ for answers to all of the most commonly asked challenge questions: <http://challengedocs.com/Mind-FB-Nov26-Pushups-FAQ>

Track your progress!

							Weekly fundraising total
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	Total Push-Ups completed			Total funds raised		£