



GREAT ORMOND STREET
HOSPITAL CHARITY

50 Squats a Day in November

Thanks for joining the challenge! Your fun-raising will help make Great Ormond Street Hospital even more extraordinary. Record your sessions in the boxes below to keep track of your progress.

	Day 1	Day 2	Day 3	Day 4	Day 5
Start!	Squats today	Squats today	Squats today	Squats today	Squats today
	Total	Total	Total	Total	Total
Day 6	Day 7	Day 8	Day 9	Day 10	Day 11
Squats today	Squats today	Squats today	Squats today	Squats today	Squats today
Total	Total	Total	Total	Total	Total
Day 12	Day 13	Day 14	Day 15	Day 16	Day 17
Squats today	Squats today	Squats today	Squats today	Halfway!	Squats today
Total	Total	Total	Total		Total
Day 18	Day 19	Day 20	Day 21	Day 22	Day 23
Squats today	Squats today	Squats today	Squats today	Squats today	Squats today
Total	Total	Total	Total	Total	Total
Day 24	Day 25	Day 26	Day 27	Day 28	Day 29
Squats today	Squats today	Squats today	Squats today	Squats today	Squats today
Total	Total	Total	Total	Total	Total
Day 30	Total squats this month:				
Squats today					
Total					
Finish!					

**Congratulations, you've reached the end of your
50 Squats a day in November Challenge!**

Registered charity no. 1160024



Registered with
**FUNDRAISING
REGULATOR**