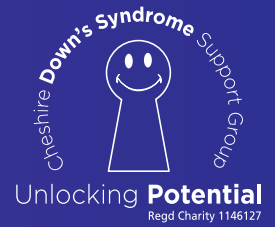


getup fordown's Challenge Tracker



Complete 213km at your own pace in your own time to help unlock the potential of people with Down's syndrome. Each time you complete 7km, enter the date into the tracker below, and don't forget to download your sponsorship form.



Ready Steady Go

Start



7km

14km

21km

28km

35km

42km

Ask friends to join in



You're doing great



Keep up the hard work

84km

77km

70km

63km

56km

49km

Drink plenty of water



91km

98km

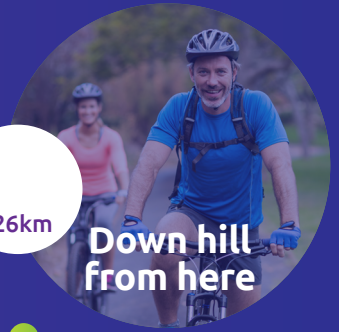
105km

112km

119km

126km

Think safety at all times and have fun



Down hill from here



Nearly there

168km

161km

154km

147km

140km

133km

We appreciate all that you are doing



175km

182km

189km

193km

203km

213km



For more information on the campaign, go to www.getupfordowns.co.uk

Congratulations!