



# 40 DAY CHALLENGE



**COULD YOU TAKE ON A CHALLENGE FOR FORTY DAYS TO SUPPORT SNAPS? TEST YOUR METAL FOR FORTY DAYS STRAIGHT TO RAISE MONEY FOR OUR VITAL PHYSIOTHERAPY AND SUPPORT SERVICES!**

## YOU COULD TRY...

- **RUNNING, SWIMMING, CYCLING OR WALKING FORTY MILES IN FORTY DAYS**
- **GIVING UP CHOCOLATE OR BOOZE FOR FORTY DAYS**
- **ONE RANDOM ACT OF KINDNESS FOR FORTY DAYS**
- **ASKING YOUR FRIENDS AND FAMILY TO SET YOU A DIFFERENT CHALLENGE EVERY DAY FOR (YOU GUESSED IT) FORTY DAYS!**

**VISIT [WWW.SNAPSYORKSHIRE.ORG](http://WWW.SNAPSYORKSHIRE.ORG) TO GET STARTED OR GET IN TOUCH:**



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