

# Challenge 50

## 50 Days Without...

**This challenge is a three-tier-of-toughness challenge!**

Pick **one**, **two** or **three** of your most favourite things to give up for 50 days and get your friends and family to sponsor you for each successful day you complete!

You could ask for £1 a day, if you're choosing to give up 1 thing a day, £2 a day for 2 or if you're going for the ultimate challenge £3 a day for 3 things! Mark your success on the calendar below! Some ideas of things to give up are after the calendar.

<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>
<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>
<b>Day 7</b>	<b>Day 8</b>	<b>Day 9</b>
<b>Day 10</b>	<b>Day 11</b>	<b>Day 12</b>
<b>Day 13</b>	<b>Day 14</b>	<b>Day 15</b>
<b>Day 16</b>	<b>Day 17</b>	<b>Day 18</b>
<b>Day 19</b>	<b>Day 20</b>	<b>Day 21</b>
<b>Day 22</b>	<b>Day 23</b>	<b>Day 24</b>



<b>Day 25</b>	<b>Day 26</b>	<b>Day 27</b>
<b>Day 28</b>	<b>Day 29</b>	<b>Day 30</b>
<b>Day 31</b>	<b>Day 32</b>	<b>Day 33</b>
<b>Day 34</b>	<b>Day 35</b>	<b>Day 36</b>
<b>Day 37</b>	<b>Day 38</b>	<b>Day 39</b>
<b>Day 40</b>	<b>Day 41</b>	<b>Day 42</b>
<b>Day 43</b>	<b>Day 44</b>	<b>Day 45</b>
<b>Day 46</b>	<b>Day 47</b>	<b>Day 48</b>
<b>Day 49</b>	<b>Day 50</b>	<b>WELL DONE!</b>
<b>I'm giving up</b>		

## Some ideas of things to give up:

- Chocolate
- Sugar
- Carbs
- Netflix
- Naps
- Lie ins
- Pressing snooze
- Social media
- Filters on social media
- Complaining
- Talking too fast
- Tea
- Swearing
- Make up
- Tanning
- Sarcasm
- Pizza
- Gluten
- Video games
- The pub
- Coffee
- Energy Drinks
- Negativity
- Lying
- Spending  
(go frugal for 50 days!)
- Smoking
- Texting  
(telephone calls only!)
- Fizzy drinks
- Fast food
- Sweets
- Ice Cream
- Late nights
- Vaping
- Cheese

## Ideas to stave off the cravings...

- When the urges kick in have a sip of water instead
- Why not try one of our 50 New things instead?
- As long as you're not abstaining from social media, let your friends know how you're doing and post to your accounts with your progress so far!

