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.

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 4</td>
<td>Day 5</td>
<td>Day 6</td>
</tr>
<tr>
<td>Day 7</td>
<td>Day 8</td>
<td>Day 9</td>
</tr>
<tr>
<td>Day 10</td>
<td>Day 11</td>
<td>Day 12</td>
</tr>
<tr>
<td>Day 13</td>
<td>Day 14</td>
<td>Day 15</td>
</tr>
<tr>
<td>Day 16</td>
<td>Day 17</td>
<td>Day 18</td>
</tr>
<tr>
<td>Day 19</td>
<td>Day 20</td>
<td>Day 21</td>
</tr>
<tr>
<td>Day 22</td>
<td>Day 23</td>
<td>Day 24</td>
</tr>
<tr>
<td>Day 25</td>
<td>Day 26</td>
<td>Day 27</td>
</tr>
<tr>
<td>--------</td>
<td>--------</td>
<td>--------</td>
</tr>
<tr>
<td>Day 28</td>
<td>Day 29</td>
<td>Day 30</td>
</tr>
<tr>
<td>Day 31</td>
<td>Day 32</td>
<td>Day 33</td>
</tr>
<tr>
<td>Day 34</td>
<td>Day 35</td>
<td>Day 36</td>
</tr>
<tr>
<td>Day 37</td>
<td>Day 38</td>
<td>Day 39</td>
</tr>
<tr>
<td>Day 40</td>
<td>Day 41</td>
<td>Day 42</td>
</tr>
<tr>
<td>Day 43</td>
<td>Day 44</td>
<td>Day 45</td>
</tr>
<tr>
<td>Day 46</td>
<td>Day 47</td>
<td>Day 48</td>
</tr>
<tr>
<td>Day 49</td>
<td>Day 50</td>
<td>WELL DONE!</td>
</tr>
</tbody>
</table>

I’m giving up
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 of 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!