



Challenge 21

21 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 21 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 on the other side of the calendar.

Day 1	Day 2	Day 3
Day 4	Day 5	Day 6
Day 7	Day 8	Day 9
Day 10	Day 11	Day 12
Day 13	Day 14	Day 15
Day 16	Day 17	Day 18
Day 19	Day 20	Day 21

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 21 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 21 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!

