



CHALLENGE YOURSELF TO 25

FOR
BBC
CHILDREN
IN NEED

For BBC Children in Need this year, take on a 25km challenge - whether you choose to run, cycle, skip, swim, scoot or anything else!

Pin this up on your fridge, and tick off a day each time you complete the next 5k in your chosen challenge.

Best of luck! Team Pudsey x

I'M CHALLENGING MYSELF TO

THE DISTANCE OF 25KM

MONDAY

YOU'VE
HIT
5K



TUESDAY

10K
DOWN



WEDNESDAY

15K
KEEP
IT UP



THURSDAY

20K
ALMOST
THERE



FRIDAY

25K
YOU DID
IT!!



**WELL
DONE!**

TELL US ALL ABOUT YOUR CHALLENGE AT PUDSEY@BBC.CO.UK