



# CHALLENGE YOURSELF TO 25

FOR  
BBC  
CHILDREN  
IN NEED

**Take on a 25km challenge for BBC Children in Need this year -  
whether you choose to run, cycle, walk, 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! Joe Wicks x**

## **I'M CHALLENGING MYSELF TO**

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### **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!**

