**Kaleidoscopic UK**

**1 IN 5 challenge**

Run, skip or walk

Swim or cycle

Sponsored silence

Keepy Uppy

Crunch, squat or dance

Participant’s Name: ……………………………………………………………….

My challenge: In the month of April, I have opted to …………………*e.g. run a total of 15 km*………………

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| Sponsor’s Name | Amount of sponsorship per e.g. 15 km run (£) | Amount completed in challenge  e.g. 15 km (£) | Total (£) | Total for one-off donation  £ |
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| TOTAL RAISED | | | | £ |