

**Thank you for signing up to take part in the 40 in 40 Challenge.**

Please use this to record your progress over the 40 days of Lent, starting 14th February.

**For each day of your challenge - we'll plant one tree in Africa!**

Name of Individual or Family: .....

Date  
Date Started: ..... Completed: .....

You have 40 days to complete the 40 in 40 Challenge. We would love to see your progress so join our '40 in 40 Challenge for Self Help Africa' group on Facebook.

DAY	DISTANCE / STEP COUNT	DAY	DISTANCE / STEP COUNT
1		21	
2		22	
3		23	
4		24	
5		25	
6		26	
7		27	
8		28	
9		29	
10		30	
11		31	
12		32	
13		33	
14		34	
15		35	
16		36	
17		37	
18		38	
19		39	
20		40	

**Congratulations on completing your Challenge!**

Over the coming months 40 trees (per adult) / 20 trees (per child),  
will be planted in sub-Saharan Africa on your behalf.