Self Help AFRICA

40 IN 40 CHALLENGE

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.

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

Name of Individual or Family: .....

Date Started: ..... Date 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 of completing your Challenge, over the coming months 40 trees (per individual) will be planted in sub-Saharan Africa on your behalf

Registered Charity no. 20008895