

a virtual event!



MANCHESTER 21 DAY CHALLENGE



Start 2021 the right way and take part in our 21 Day Challenge!

How does it work?

To take part, you need to commit to **your own personal challenge for 21 days!** This could be to do something each day (e.g. run 2km every day) or to reach a goal by the end of the challenge (e.g. walk 100 miles in 21 days).

When does it take place?

You can start your challenge on **any day throughout January** e.g. if you started on 5th January you would finish on 26th January.

What challenge should I do?

The challenge should be personal to you and **what you would consider a challenge.** If you want to get active over January, you can make it a fitness challenge. Alternatively, it could be a challenge to give up a food or drink. Here are some suggestions:

- Walking 10,000 steps everyday
- Running 100km over 21 days
- Giving up alcohol, sugar or taking part in veganuary

How much do I have to fundraise?

We suggest you aim to raise £250 from your challenge, but you may raise more than this! Receiving donations from family, friends and colleagues will also help give you that extra boost to keep going when it gets tough.

HOW DO I SIGN UP?



STEP 1: DECIDE ON YOUR CHALLENGE

Whether it's walking 10,000 steps a day or going vegan for January, first decide on the best personal challenge for you. Remember, you'll need to commit to doing it for 21 days.



STEP 2: START FUNDRAISING

Once you've decided on our challenge, visit Virgin Money Giving [via the link here](#), sign up and select Manchester Cares as your chosen charity.

Top tip: To inspire your friends to donate, make sure to tell everyone why this is a tough personal challenge for you and why you're fundraising for Manchester Cares on your fundraising page.

We will then send you a branded **Manchester Cares' T-shirt** for your challenge.

STEP 3: GET GOING!

After you've set up your fundraising page, it's time to start your challenge. The first days may be tough, but we know you can do it!

STEP 4: UPDATE YOUR FRIENDS AND FAMILY

Throughout your challenge, make sure to update your friends, family and colleagues on your progress via social media, what's app, text or phone call. They'll certainly be impressed that you're keeping going - especially for 21 days.

STEP 5: KEEP GOING!

21 days is a long stretch of time to carry out your challenge. **But we know you can do it.** Kickstart your 2021 with 21 days you can be proud of and keep going!



GOOD LUCK!

Any questions? Contact isabel.rivera@manchestercares.org.uk