

2,023 Sit-ups in March 2023



It's time to sit up and support the forgotten children of Darfur

M T W T F S S

No sit
ups

No sit
ups

1
10

2
15

3
20

4
30

5
40

6
45

7
Rest

8
50

9
55

10
60

11
65

12
70

13
75

14
Rest

15
80

16
85

17
90

18
90

19
95

20
95

21
Rest

22
100

23
100

24
102

25
102

26
107

27
107

28
Rest

29
110

30
110

31
115

Well
done!

Now
Rest!

That's 2,023 Sit-ups in March 2023!

Let's Sit Up, Let's Support, Let's Spread the Word.

Let's Get Fit, Let's Have Fun, Let's Fundraise!

www.kidsforkids.org.uk/2023-sit-ups-in-March-2023