

English Martyrs' Walk for Water Challenge

Add a water droplet picture to each day you manage to either:

- Go on a walk for 15+ minutes
- Walk up and down the stairs 15 times in a row
- OR if you hit 10,000 steps



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<u>Shrove Tuesday</u> (Pancake Day)	<u>17th</u> <u>Ash Wednesday</u> <u>Lent begins.</u>	18 th	19 th	20 th	21 st
22 nd	23 rd	24 th	25 th	26 th	27 th	28 th
1 st March	2 nd	3 rd	4 th	5 th	6 th	7 th
8 th	9 th	10 th	11 th	12 th	13 th	14 th
15 th	16 th	17 th	18 th	19 th	20 th	21 st
22 nd	23 rd	24 th	25 th	26 th	27 th	28 th <u>Palm Sunday</u>
29 th	30 th	31 st	1 st April	2 nd <u>Good Friday</u>	3 rd	4 th <u>EASTER</u> <u>SUNDAY</u>