

# Your Give it Up countdown

WHAT ARE YOU GIVING UP?

GOAL DONATION AMOUNT:

31  
DAYS



## DAY 1:

Let's do this

## DAY 2:

## DAY 3:

Upload our social media banners to your online profile and share with friends and family that you are taking part in Give it Up.

## DAY 4:

## DAY 5:

## DAY 6:

## DAY 7:

First week done. Where there is a will there's a way.  
**Keep going.**

## DAY 8:

## DAY 9:

## DAY 10:

## DAY 11:

## DAY 12:

Share, ask and boast about Give it Up. Share on your social media what a great job you are doing.

## DAY 13:

## DAY 14:

If you hit a wall then we are here to pick you up  
[@hospiceweald](#)

## DAY 15:

## DAY 16:

**Half way there.**  
Nearly home and dry.

## DAY 17:

## DAY 18:

## DAY 19:

Think of all the money that you have saved and how you are helping Hospice in the Weald.

## DAY 20:

## DAY 21:

## DAY 22:

## DAY 23:

You are doing amazing.

## DAY 24:

## DAY 25:

## DAY 26:

## DAY 27:

Keep raising funds rather than picking up that treat. Nearly there.

## DAY 28:

## DAY 29:

## DAY 30:

## DAY 31:

It's your last day.  
**Congratulations.**  
You have completed your 31 days. Let's celebrate.



Every pound you raise, for every treat you dodge, will help ensure that Hospice in the Weald can help patients, families and carers celebrate life and enjoy the precious time that they have together.

Please send your sponsorship to Hospice in the Weald, Maidstone Road, Pembury, Tunbridge Wells, TN2 4TA

**Thank you for taking part in Give it Up**