



Thank you

for being part of **#TeamGuideDogs**
and taking on the 2,000 burpees
for Guide Dogs challenge.



How to set up your Facebook Fundraiser

- The easiest way to start your fundraising is to join our Facebook group: bit.ly/burpeesforguidedogs and set up a Facebook fundraiser: bit.ly/yourfundraiser.
- We do understand not everyone uses Facebook. If you would still like to take part and raise money, you can set up a JustGiving page: bit.ly/justgivingburpees.



2,000 burpees

for Guide Dogs

	Time to start your burpee challenge!					
	1	2	3	4	5	6
7	8	9	10	11	12	13
Half way there!						
14	15	16	17	18	19	20
One more week to go!						
21	22	23	24	25	26	27
You did it!						
28						



Tick off each day you complete your burpees
and keep track of your progress over the month.