Text

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At the end of the week, send your completed challenge card (this document) to **Andy@STFCfoundation.com** so we can total up your points!

You can also earn ONE BONUS POINT each week if you upload a photo or video to Facebook or Twitter of you completing a challenge, and tag @STFCfoundation.

STFC COMMUNITY FOUNDATION

**LOCKDOWN CHALLENGE**

Choose one of the challenges each day this week and take a picture of you having a go!

Simply insert the picture to this document, and position it over the correct box before saving the document!