

# 100 DAY STEPS CHALLENGE

#100DayStepsChallenge  
[sands.org.uk/100-Day-Steps-Challenge](https://sands.org.uk/100-Day-Steps-Challenge)



1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50

It all  
adds up!

Keep  
going!

Halfway  
there!

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51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100 DAYS

Keep going!

It all adds up!



# FAQs

Thank you for being part of Sands 100 Day Steps Challenge. We know you must be so excited andraring to go, if you haven't started already. We wish you the best of luck!

You may have questions about the challenge. Check out our FAQs here for the answers! If your question isn't answered here, please visit [sands.org.uk/100-day-steps-challenge](https://sands.org.uk/100-day-steps-challenge) or contact a member of our team by emailing [steps@sands.org.uk](mailto:steps@sands.org.uk)

**My t-shirt doesn't fit/I ordered the wrong size. Can you change it?**

Of course. Please email [shop@shop-sands.org.uk](mailto:shop@shop-sands.org.uk) to let us know what size you received, and what size you need. We'll then send a new t-shirt with an envelope to return the other.

**How do I raise money?**

Facebook Fundraisers are the easiest way to raise money. You can set one up in a few seconds here: <https://bit.ly/100dweb>. Then it's really easy to share the page with your Facebook friends.

**How can my friends who aren't on Facebook donate?**

Unfortunately it isn't possible to donate to a Facebook fundraiser if you don't have an account. We suggest asking them to transfer you the money, and you paying it to your Facebook fundraiser yourself. They could also donate via our website: [www.sands.org.uk/donate](https://www.sands.org.uk/donate) and add the challenge name '100 Day Steps Challenge' and your name. Please also email [steps@sands.org.uk](mailto:steps@sands.org.uk) to let us know about this donation.

**Can I just raise money offline with a sponsorship form?**

Absolutely. You can collect sponsorship in any way you like. If you'd like a sponsorship form, you can download one from here: [sands.org.uk/100-day-steps-challenge](https://sands.org.uk/100-day-steps-challenge)

**Can I raise money on another online platform like JustGiving?**

Yes, if you would like. Facebook sends the money directly to us and doesn't charge you or us any fees, but if you would like to set up a fundraising page on another online platform, we recommend JustGiving. Go to [justgiving.com/campaign/100daystepschallenge](https://justgiving.com/campaign/100daystepschallenge)

**How do I keep track of how many steps I've done?**

Strava is a great app for tracking your challenge. Once you're home, use the tracker included in your pack to record how many steps you have done.

**What are the different ways I can do my steps?**

You can do these steps any way you would like. So that could be walking, jogging, running, dancing, playing football or other sports and on a treadmill. Keep us posted on the Facebook group and sharing your progress on your Facebook Fundraiser.

**When can I start?**

You can start your 100 days whenever you like. Just be sure to let your friends and family know when you choose by posting on your fundraiser.

**Where will my friends' money go?**

Directly to us at Sands. You don't have to worry about this. It happens automatically through Facebook.

**Do I have to prove I've completed the challenge?**

You don't need to prove you've completed the steps – we trust you! You can post videos, pictures and updates on your Facebook Fundraiser and in the group though. Sharing updates is also a great way to show those who have sponsored you that you're committed to completing the challenge.

**How do I pay in my fundraising?**

If you've collected offline fundraising, the easiest way to pay this to Sands is by donating on our website. You can do this here: [www.sands.org.uk/donate](https://www.sands.org.uk/donate). Make sure to say that your money is for your 100 Day Steps challenge so that we can make sure it is added to your total.

**How do I send you my sponsorship form?**

If you've collected cash donations and have a completed sponsorship form, do scan and email this to us at [steps@sands.org.uk](mailto:steps@sands.org.uk) so we claim any gift aid. If you're not able to scan or send us a clear photograph, drop us an email anyway and we can let you know where to send your form via post.