



sands.org.uk/take-on-2k
#TakeOn2000



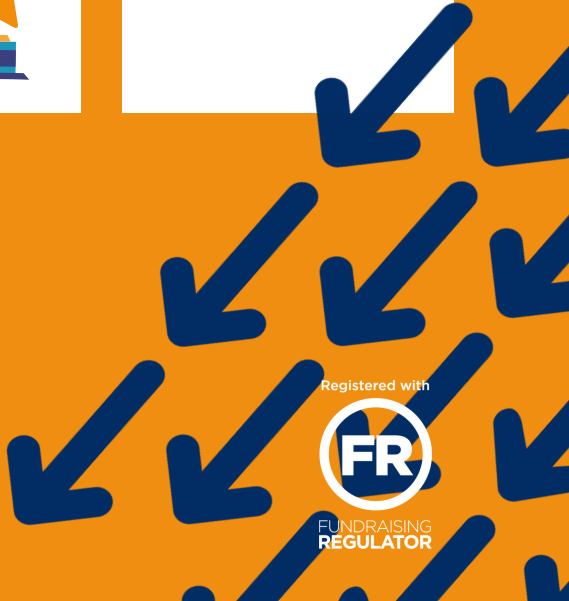
S	S	M	T	W	T	F	Weekly Total
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	

It all adds up!

Halfway there!

Keep going!

You did it!



Take on 2,000 in July. 2 weeks. 2,000 reps. 2 options.

Thank you for taking on 2,000 in July. We know you must be so excited to start and counting down the days until 1st July– we are too!

Do you have questions about the upcoming challenge? Check out our FAQs here for the answers. If your question isn't answered here please visit sands.org.uk/take-on-2k or contact a member of our team by emailing challenge@sands.org.uk



Do I get to decide what activity I do for the challenge?

Of course. You can pick to do just squats or push ups, a mixture of the two, or you can let fate decide each day by flipping the enclosed mat!

Why is my t-shirt colour different to others?

When you registered for Take on 2,000 you were randomly allocated to #TeamOrange or #TeamBlue. Wear your t-shirt with pride, connect with others in your team and show your allegiance in the group using the hashtag #TeamOrange or #TeamBlue.

How do I raise money?

Setting up a fundraising page on Facebook really is the easiest way to raise money. You can set one up in a few seconds here: <https://givp.nl/register/bkzbToTi>. Then it's easy to share the page with your friends. Also, because Facebook makes no charge, Sands receives 100% of what you raise.

I don't use Facebook, can I raise money another way?

Yes, of course. If you need to use a different fundraising platform, we recommend JustGiving. You can set this up using the same registration link: <https://givp.nl/register/bkzbToTi> or visiting our campaign page: justgiving.com/campaign/take-on-2k-2023

Can I just raise money offline with a sponsorship form?

Absolutely. You can collect sponsorship in any way you like. We have included a sponsor form in your pack so you can collect funds offline too.

I can't start on the 1st July, can I still take part?

Of course! So long as you complete 2,000 reps in 14 days, it doesn't matter when you start, or how you make up your daily reps.

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

You don't need to prove you've completed the challenge – we trust you! But to help you keep track, you can use the handy tracker printed overleaf. You can post videos, pictures and updates on your Facebook Fundraiser and in the group too. Sharing updates is also a great way to show those who have sponsored you that you're committed to completing the challenge.

Where will my friends' money go?

Any donations friends and family make to your fundraiser, come directly to us at Sands. You don't have to worry about this. It happens automatically through Facebook.

How do I pay in my fundraising?

If you've collected offline fundraising, the easiest way to pay this to Sands is by making a payment on our website. You can do this here: www.sands.org.uk/donate. Make sure to say that your money is for Take on 2000 so that we can ensure 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 challenge@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.

How will the money I raise make a difference?

You've done an incredible thing by signing up to this challenge. Your efforts will not go unnoticed and with every single squat or push up you will be extending a hand of support to any one of the 13 bereaved families that need our support every day in the UK. Throughout the challenge and by sharing your efforts with friends, family, and colleagues you will be helping us build a world where fewer babies die, and more families get the happy ending they deserve.

Will I receive a medal?

As a special thank you we have two incentives running alongside your Take on 2000 challenge. If you raise £100 by 1 July, you will receive a pair of orange and blue laces. If you raise £150 by 31 July you will receive a bespoke Take on 2000 medal along with your certificate. Everyone who takes part will receive a digital certificate regardless of how much they raise.

SCAN TO
JOIN OUR
FACEBOOK
GROUP

