Bowel Cancer UK Swim15

Thank you for being part of Swim15 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 Great start
2	3	4	5 Keep going	6	7	8
9	10	11	12	13	14	15 Half way there
16	17	18	19	20	21	22
23	24 You're amazing	25	26	27	28	29
30 Yes you've finished!						

Use this calendar to plan your activities throughout the month and tick them off once you've completed them.

We'd love to see how you're getting on, so please take lots of photos and share with the Swim15 community.

Raise £150 and continue to help fund our vital services and lifesaving research.

Scan to join the challenge community

Registered with FUNDRAISING REGULATOR

Registered Charity Number 1071038 (England and Wales) and SC040914 (Scotland)