



LINCS & NOTTS
AIR AMBULANCE

6K A DAY IN MAY

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 | | | | |

TICK OFF EACH DAY YOU COMPLETE 6K TO KEEP TRACK OF YOUR PROGRESS!

REMEMBER, IF YOU DON'T COMPLETE 6K ONE DAY, YOU CAN MAKE IT UP ANOTHER DAY - OR SPREAD IT ACROSS THE MONTH. THANK YOU SO MUCH FOR TAKING ON THIS CHALLENGE AND CHOOSING TO SUPPORT LNAA.

Registered Charity No. 1017501