12 DIPS IN DECEMBER

Prostate Cancer Research

pcr.org.uk

Registered Charity No: 1156027

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Weekly Dips	Weekly Raised
GOOD LUCK!	1	2	3	4	5	6		
7 HAVE YOU STARTED?	8	9	10	11	12	13		
14	15 KEEP GOING	16	17	18	19	20 THERE'S STILL TIME		
21	22	23	24	25	26	27		
28	29	30	31 CHALLENGE COMPLETE!	CONGRATS!				
							TOTAL DIPS	TOTAL £



Tick off the days you complete each of your 12 dips and power through your PCR challenge!