

# **Your Challenge Tracker**

Thank you for joining the Tri for Type 1 challenge 2024! Use the trackers below to mark your progress as you run, cycle and swim towards a world without type 1.

#### Along the way, you can collect some amazing fundraising rewards!



Raise £25 to receive a set of shoelaces



Raise £50 to get a JDRF challenge medal



Raise £100 for your own JDRF water bottle



Raise £500 to receive an exclusive hoodie

Each km you complete and every £ you raise will help JDRF to continue to fund pioneering research into type 1, as well as support those living with the condition. Thanks to our amazing fundraisers, our research is paving the way for better treatments and will one day lead us to a cure.

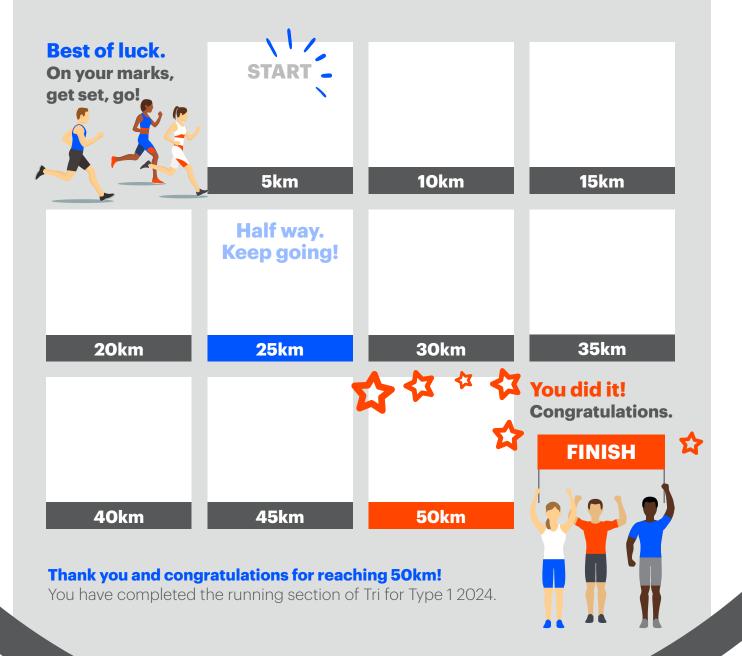
#### We're so grateful for all your incredible support!





# Ready, steady, go!

Keep track of your runs throughout the challenge. Tick, count kms or even add a smiley in each box when you have hit that milestone.

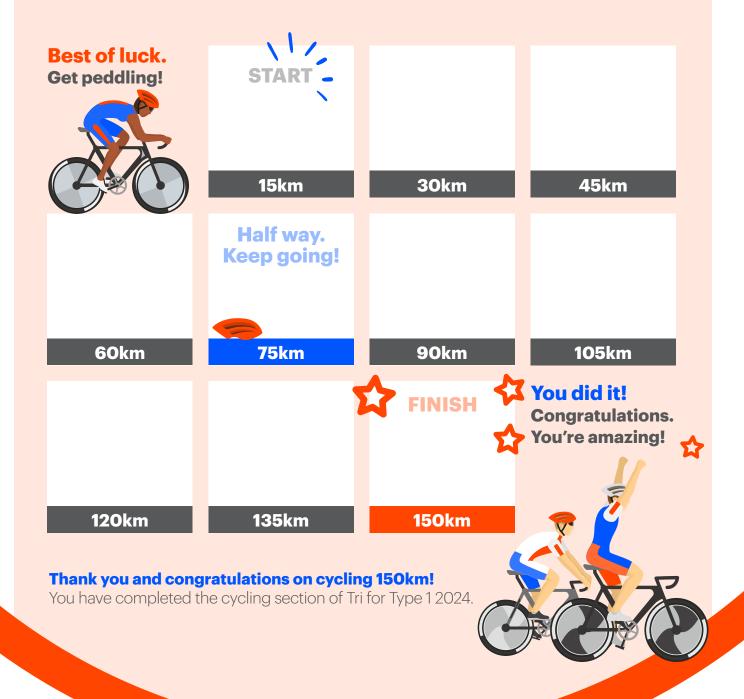






## On your bike!

Keep track of the kms you pedal over the challenge. Each km you complete will help fund vital research, paving the way to a cure for type 1.







### Take the plunge!

Keep track of your swims over the challenge. Every splash will take you a little closer to completing the Tri for Type 1 challenge and becoming a JDRF superstar!



Thank you and congratulations for getting to the end!

You have completed the swimming section of Tri for Type 1 2024.

You did it!
Amazing, get dry
and have a rest!



