



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.

Best of luck.
On your marks,
get set, go!



START		
5km	10km	15km

	Half way. Keep going!		
20km	25km	30km	35km

			<p>You did it! Congratulations.</p>
40km	45km	50km	

Thank you and congratulations for reaching 50km!
You have completed the running section of Tri for Type 1 2024.

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.

**Best of luck.
Get peddling!**



START

15km

30km

45km

**Half way.
Keep going!**



60km

75km

90km

105km

FINISH

**You did it!
Congratulations.
You're amazing!**

120km

135km

150km



Thank you and congratulations on cycling 150km!

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

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!

Best of luck.
Goggles on, 3, 2, 1, GO!



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!

