



TSC Clinics Virtual Challenge

Use this tracker to log your miles during the month, to see how well you're doing and to get inspired!

Start!	1st	2nd	3rd	4th	5th	6th
7th	8th	9th	10th	11th	Keep going! Raise at least £30 to get a TSA Champion medal!	
12th	13th	14th	15th	You're halfway! Don't forget to email us your distance so we can add it to the total		16th
17th	Tell your story Share why you're going the distance on your fundraising page, to inspire others		18th	19th	20th	21st
22nd	23rd	24th	25th	26th	27th	28th
29th	30th	You did it!	Congratulations! Don't forget to tell us your final miles total		Total miles: _____	



Share photos using #TSClinicsChallenge



Email fundraising@tuberous-sclerosis.org to get your miles added to our grand total!



Registered with FUNDRAISING REGULATOR

tsc
tuberous sclerosis
association