

# The **100** IN THEIR SHOES Challenge!

Now that you have accepted the challenge, it's time to choose your exercise! What will you complete 100 of? As you complete each repetition of your exercise, remember to color in 1 name on your accountability sheet to track your progress. Each colored name will be in honor of a child with A-T.

Good luck in completing your challenge to 100!

## EXAMPLE CHALLENGES

- Walk 1 mile a day for 100 days
- Shoot 100 basketball baskets
- Complete a workout routine for 100 days
- Split your challenge with friends or classmates
- Be creative and come up with an idea of your own!
- Do 20 push-ups a day for 5 days
- Sprint 100 yards
- Have 100 football passes

## FUNDRAISING BONUS!

Turn your challenge into a fundraiser and make an even bigger impact in supporting our mission to cure A-T! Create your own fundraising page and share it with friends and family while you work towards completing your 100!

Create your fundraising page at [atcp.org/100InTheirShoes](http://atcp.org/100InTheirShoes).

## MEET ALEX!

Alex is 12 years old and has ataxia-telangiectasia (A-T). A-T is a genetic disease that attacks children, causing progressive loss of muscle control, cancer, and immune system problems. By joining our challenge, you are supporting our mission to find a cure for Alex and all other children and young adults with A-T. Thank you for your support!

