



Hit your fundraising targets:



Raise £25 to receive your Breakthrough T1D T-shirt!

£25 may seem like a small amount but this could enable 25 parents to return to work, safe in the knowledge that their child's type 1 diabetes will be carefully managed at school, thanks to Breakthrough T1D's e-learning modules.



Raise £50 to receive your exclusive medal at the end of the challenge!

£50 could help 5 recently diagnosed children to no longer feel alone with their T1D. They now have a fluffy best friend called Rufus who also has T1D. He is sent to families as part of our Kidsac which also includes information and helpful resources on living with type 1 diabetes.



Raise £100 to receive your Breakthrough T1D water bottle!

£100 could pay for 100 minutes of lab research, funding the breakthroughs of tomorrow. Check out the latest breakthroughs in T1D; breakthrough1d.org.uk



Thank you for taking on this challenge
and stepping towards
breakthroughs in T1D!

You're now part of an amazing
community coming together to
change the lives of the 400,000+
people, in the UK with type 1
diabetes – **now and in the future!**



Challenge calendar

Keep track of your steps over the challenge. Tick, count steps, or even draw a stick person in each box when you have hit your daily challenge.



On your marks, get set, step!



Day 4 - Today you might have reached 36,000 steps for the 36,000 children living with T1D in the UK.



Day 20 - You're halfway to World Diabetes Day! 200,000 steps down – 200,000 to go. World Diabetes Day has been celebrated since 1991 – it's the birthday of Sir Frederick Banting, who co-discovered insulin in 1922.



Day 33 - One week and 70,000 steps to go! This week we will send out approximately 125 Rufus bears to clinics and families to support newly diagnosed individuals.

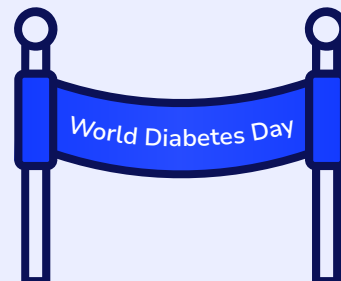
				Sunday 6 October	Monday 7 October	Tuesday 8 October
				1	2	3
Wednesday 9 October	Thursday 10 October	Friday 11 October	Saturday 12 October	Sunday 13 October	Monday 14 October	Tuesday 15 October
4	5	6	7	8	9	10
Wednesday 16 October	Thursday 17 October	Friday 18 October	Saturday 19 October	Sunday 20 October	Monday 21 October	Tuesday 22 October
11	12	13	14	15	16	17
Wednesday 23 October	Thursday 24 October	Friday 25 October	Saturday 26 October	Sunday 27 October	Monday 28 October	Tuesday 29 October
18	19	20	21	22	23	24
Wednesday 30 October	Thursday 31 October	Friday 1 November	Saturday 2 November	Sunday 3 November	Monday 4 November	Tuesday 5 November
25	26	27	28	29	30	31
Wednesday 6 November	Thursday 7 November	Friday 8 November	Saturday 9 November	Sunday 10 November	Monday 11 November	Tuesday 12 November
32	33	34	35	36	37	38
Wednesday 13 November	Thursday 14 November					
39	40					



Day 8 - Today is Rufus the bears birthday! Rufus has been supporting children to learn about their T1D and how to manage the condition for 28 years!



Day 15 - Did you know: A person living with T1D will face up to 180 diabetes-related decisions every day. That's 7,200 extra decisions over the 40 days of this challenge!



You did it



Stepping 400,000 times for the 400,000 people living with T1D in the UK.