

Welcome

to

Team Breakthrough T1D



Breakthrough T1D®

Formerly JDRF

Thank you for joining our Sit Up Challenge!

By taking on 1922 sit ups, you're celebrating the first big breakthrough in T1D history, the year insulin was first used to treat type 1 diabetes (T1D). But more importantly, you're helping fund the breakthroughs that come next.

Every £1 you raise helps to fund another minute of research, powering progress in better treatments, earlier detection and, one day, a cure.

Research didn't stop in 1922, and we won't stop until there's a cure.

However you choose to take on the challenge, we cannot thank you enough for being part of it. If you need any support during your challenge, our friendly fundraising team is here to help, so please don't hesitate to get in touch:

events@breakthrough1d.org.uk

Hit your fundraising targets:



First donation: Sweatband

Start strong with your Breakthrough T1D sweatband, a simple way to show you're officially taking on the challenge.

If you've already received your first donation, your sweatband should be enclosed or on its way soon. If not, kick-start your fundraising with a donation to your own page, it's a simple way to encourage others to get involved.



Raise £50: T-shirt

Earn your Breakthrough T1D T-shirt and wear it with pride as you take on your sit-ups this August. It's a simple way to show what you're part of and keep your motivation high as donations grow.



Raise £100: Medal

Hit £100 and you'll earn a medal to recognise everything you've put into the challenge. We'll send it after August, so you have something to mark what you've achieved.



Raise £200: Water bottle

Reach £200 and you'll get a Breakthrough T1D water bottle, perfect to keep by your side while you train. It's a practical reward you'll carry on using long after the challenge ends, a reminder of what you made possible.

Get in touch: events@breakthrough1d.org.uk





Track your sit ups

Use this calendar to keep track of your sit ups each day. At the end of every week, add up your total and write it in the space provided.

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly total	
1	2	3	4	5	6	7		
8	9	10	11	12	13	14		
15	16	17	18	19	20	21		
22	23	24	25	26	27	28		
29	30	31						
							Grand Total	



Join the community

You're not doing this alone. Connect with our community across the UK taking on this challenge. Share progress, celebrate milestones, ask questions and swap tips in our friendly Facebook Group.



Resources to download

Find digital versions of all our fundraising resources, plus ready-to-share social media assets to inspire friends and family to support you.

