






Use this calendar to plan your activities throughout the month and tick them off once you've completed them.





Thank you for being part of ActiveApril, and thank you to all your sponsors for their support!

We'd love to see how you're getting on, so please take lots of photos and share with us on social media:

#ActiveApril

-  /bowelcanceruk
-  @bowelcanceruk
-  @bowelcanceruk

ActiveApril: your way

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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				



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