

# 443 SPORTY CHALLENGE



Every year, 443 million school days are lost due to water and sanitation issues – either because children are too sick to attend school, or because they have to walk long distances to fetch water.

Since Rachel's family built a toilet with handwashing facilities, Rachel's grades have improved because she hardly ever misses a day of school.

**Are you ready to take on a 4-4-3 Challenge? Choose your trio of sporting goals and help raise money to flush away poverty.**

# YOUR 443 CHALLENGE

## Step 1

Create your sporty triathlon from the activities below – or by choosing anything else that springs to mind!



Splash



Dash



Stride



Spin



Skip



Squat



Paddle



Hop

## Step 2

Choose whether to measure your 4-4-3 activity combo by units, lengths, minutes, hours, kms or miles – and whether to complete each activity daily, weekly or monthly.

Here's a January challenge we made earlier:



**Splash**  
4 lengths  
per day



**Dash**  
4 miles  
per week



**Spin**  
3 hours  
per week

For a hardcore 443 Challenge, your target could be:



**443 skips**



**443 miles on  
a static bike\***



**443 pool  
lengths**

\*It's the distance of a round trip between Scratchy Bottom and Broad Bottom!

## Step 3

Set up a fundraising page online:

- Virgin Money Giving
- Just Giving



Email [info@toilettwinning.org](mailto:info@toilettwinning.org)  
or call **0300 321 3217** for more info

