

12 Dips of Christmas Challenge Calendar

Keep track of your progress
and tick off the days after
each dip.



Are you ready to brave the cold?							
1	2	3	4	5	6	7	
8		9	10	11	12	13	14
15	16	17	18	19	20		
22	23	24	Merry Christmas! 	25	26	27	28
29	30	You've done it! Run yourself a nice warm bath!					

Visit cruk.org/12dipsofchristmas



Together we are
beating cancer