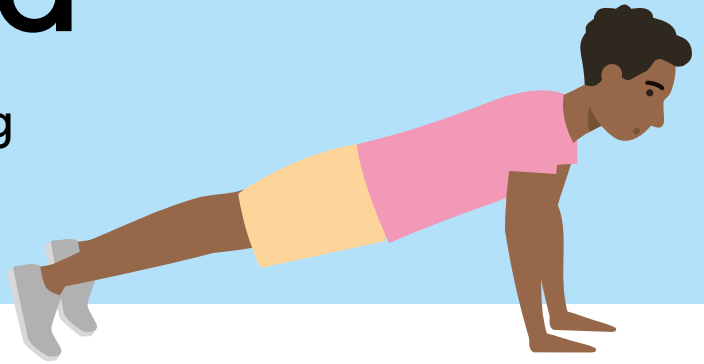


Push-Ups Challenge Pledge card

Add your story of why you're taking part and share across socials with your online Giving Page.



I'm taking on
the 100 Push-Ups
a Day in September
Challenge because...