

# My Keepy Uppy Challenge

## November 2022

M	T	W	T	F	S	S
	You can do it! .....			Keep going! .....		
Update your supporters! .....			You are making a difference .....			
		Nice one! .....			Keep it up! .....	
				Time for an update! .....		
Nearly there! .....		Score!!!! .....				

### NOTES



Because every day matters

[www.hospiscare.co.uk](http://www.hospiscare.co.uk)

Registered charity no. 297798



**Hospiscare**

Caring in the heart of Devon