

A DIP A DAY IN MAY 2024



SCAN TO DONATE

HOW TO GET INVOLVED



TAKE A TWO MINUTE COLD SHOWER

OR



DO AN ICE BUCKET CHALLENGE

OR



DIVE IN AND GO FOR A COLD WATER SWIM

DO 1 A DAY FOR 1 MONTH

MON	TUE	WED	THU	FRI	SAT	SUN
Ready to take the plunge? Cross off every day that you complete.		1	2	3	4	5
6	7 One week done!	8	9	10	11	12
13	14	15 Half way! Keep up the great work!	16	17	18	19
20	21 10 days to go!	22	23	24	25	26
27	28	29	30	31 You did it! Congrats!!	MND Scotland Making time count	