

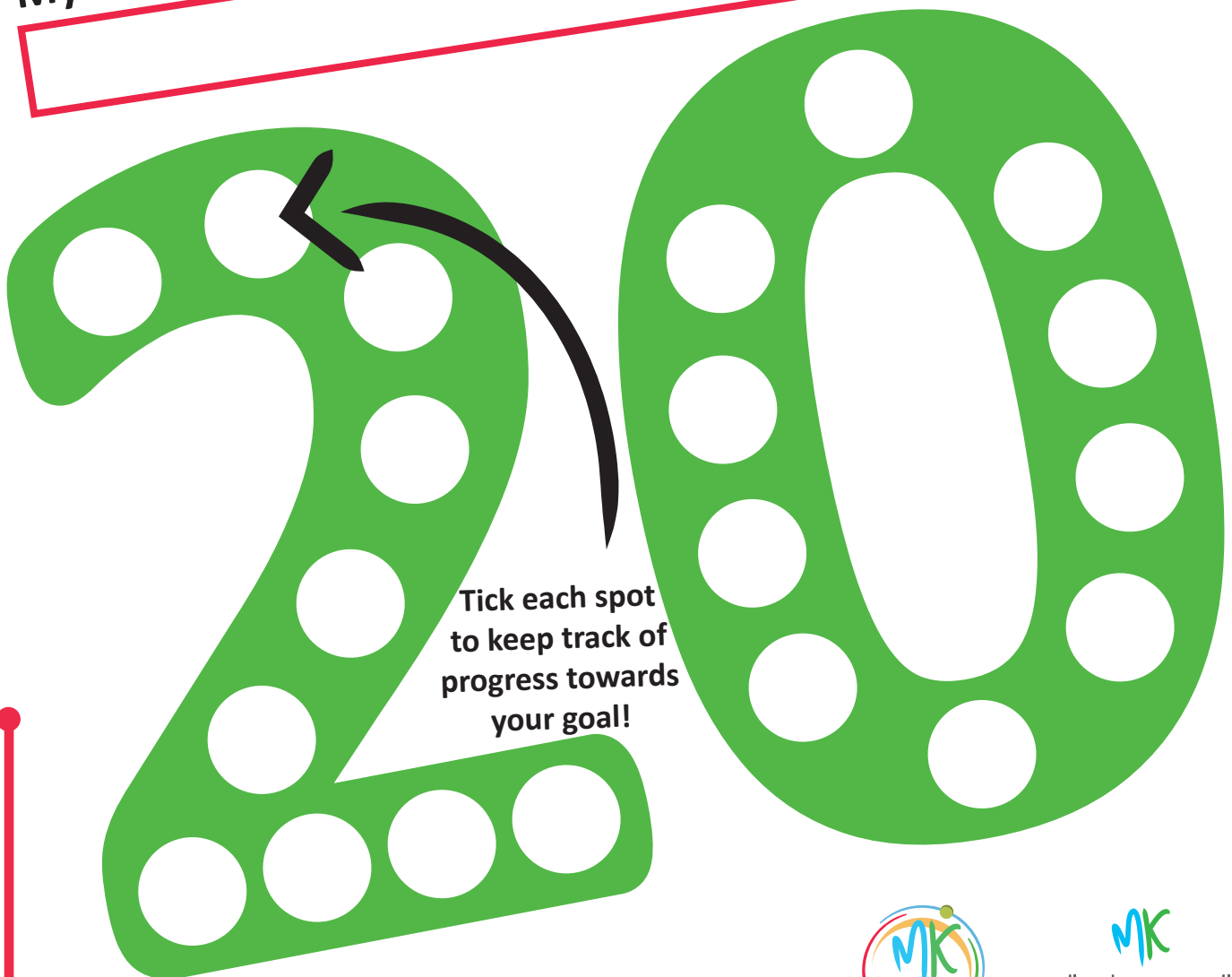
I'M DOING
MY
20 IN 20!

Thanks for making a
pledge to be
more active
during 2020

Tell us how well you're
doing using the hashtag
#MK20in20
and you could
pick up a T-shirt

See more on Facebook
[@activeMK](#)

My 20 in 20 goal is:



Tick each spot
to keep track of
progress towards
your goal!

