



**YOUTH
WITHOUT
LIMITS**

**DO IT
4
YOUTH**

Challenge tracker

Keep track of your Do It 4 Youth challenges.

Simply circle the relevant challenge type for each week and add details on your achievements.

Week	Start date	Challenge type	Completed
WEEK 1		Get up Skill Up Free Up Hand Up	<input type="checkbox"/>
WEEK 2		Get up Skill Up Free Up Hand Up	<input type="checkbox"/>
WEEK 3		Get up Skill Up Free Up Hand Up	<input type="checkbox"/>
WEEK 4		Get up Skill Up Free Up Hand Up	<input type="checkbox"/>

Get Up

My physical
challenge is

Skill Up

My technical
challenge is

Free Up

My willpower
challenge is

Hand Up

My community
challenge is

Don't forget to tell everyone about your challenges!

Share your progress via #Dolt4Youth and ask your friends to support you.



#DoIt4Youth

DofE.org/Dolt4Youth

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