

MOVE YOUR **BUNS** & RAISE SOME **FUNDS**

LOG YOUR MINUTES OF SWEAT EACH DAY, AND MAKE SURE YOU SLAY YOUR GOALS!

SUN	MON	TUE	WED	THUR	FRI	SAT
1  LET'S GO!	2  King's birthday! More time for sweating!	3   	4 	5 	6  Share a sweaty selfie and inspire your donors!	7 
8  	9 	10  Perspiration Inspiration: TAKE A WALK SOMEWHERE NEW	11 	12  Made a self-donation yet?	13 	14  Perspiration Inspiration: GET DANCING!
15  HALFWAY!	16 	17 	18 	19 	20  MATARIKI	21 
22 	23  One week left! 	24 	25  Perspiration Inspiration: WINTER SWIM? 	26  	27 	28  INTERNATIONAL LGBTQIA+ PRIDE DAY
29  	30  One more day... MAKE IT THE SWEATIEST DAY YET!	YOU DID IT!   				

SWEAT WITH
PRIDE