

PUT YOUR PORES TO THE CAUSE

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

SUN	MON	TUE	WED	THUR	FRI	SAT	
	1  AND WE'RE OFF!!	2 	3 	4 	5  Share a sweaty selfie and inspire your donors!	6 	
7  Perspiration Inspiration: WINTER SWIM?	8 	9 	10 	11  Made a self-donation yet?	12 	13  Perspiration Inspiration: TAKE A WALK SOMEWHERE NEW	
14 	15  HALFWAY!	16 	17  Perspiration Inspiration: GET DANCING!	18 	19  	20 	
21  	22 	23  One week left!	24 	25 	26 	27 	
28  INTERNATIONAL LGBTQIA+ PRIDE DAY	39 	30  One more day... THE SWEATIEST DAY EVER!?	YOU DID IT!				

SWEAT WITH **PRIDE**