

Be a hero. Smash your Ks for Kids challenge!

1 - 31 August

Walk or run to power life-saving research for kids living with genetic diseases.



James, 6
Axenfeld Reiger
Syndrome


Tick off each day in August as you smash through your challenge!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>3 <input type="checkbox"/></p> <p>Take a scenic stroll and explore somewhere new!</p>	<p>4 <input type="checkbox"/></p> <p>Take a selfie on your walk or run and share it on your socials.</p>	<p>5 <input type="checkbox"/></p> <p>Feel the rhythm! Listen to your favourite playlist to keep your pace up.</p>	<p>6 <input type="checkbox"/></p> <p>Jeans for Genes Day! Celebrate Jeans for Genes Day by stepping a little extra, add 1K extra to your goal!</p>	<p>7 <input type="checkbox"/></p> <p>Did you know? Your Ks support vital research at Children's Medical Research Institute.</p>	<p>1 <input type="checkbox"/></p> <p>Let's get moving! Every K you log this month helps find cures for childhood genetic diseases. Let's go!</p>	<p>2 <input type="checkbox"/></p> <p>Walk or run... with a friend today and tell them why Ks for Kids matters to you.</p>
<p>10 <input type="checkbox"/></p> <p>Thank one of your supporters today. Gratitude goes a long way!</p>	<p>11 <input type="checkbox"/></p> <p>Keep it up! Every K brings us closer to a cure. Log today's Ks on your dashboard! fundraise.jeansforgenes.org.au/login/activity</p>	<p>12 <input type="checkbox"/></p> <p>It's OK to rest. A rest day helps you recharge so you can go again tomorrow.</p>	<p>13 <input type="checkbox"/></p> <p>Try a sunrise walk or run - it's a beautiful way to start the day!</p>	<p>14 <input type="checkbox"/></p> <p>Post a selfie! Show off your progress on your page and inspire others to donate!</p>	<p>8 <input type="checkbox"/></p> <p>1 in 20 Aussie kids faces a birth defect or genetic disease. Your Ks make a difference.</p>	<p>9 <input type="checkbox"/></p> <p>Walk with purpose today and think about the families you're helping with every step.</p>
<p>17 <input type="checkbox"/></p> <p>Monday kindness: donate to another Ks for Kids participant.</p>	<p>18 <input type="checkbox"/></p> <p>Need a boost? Set a mini goal today - like 2K before lunch - and crush it!</p>	<p>19 <input type="checkbox"/></p> <p>Treat yourself... with your fave snack or a coffee after your run/walk. You deserve it!</p>	<p>20 <input type="checkbox"/></p> <p>Thursday motivation: every step you take powers medical research for sick kids.</p>	<p>21 <input type="checkbox"/></p> <p>Share your 'why I'm participating' story online. Update your page to inspire others to donate!</p>	<p>15 <input type="checkbox"/></p> <p>National Science Week is on! Celebrate by learning about the science your Ks support.</p>	<p>16 <input type="checkbox"/></p> <p>Celebrate halfway! You're doing something incredible for kids and families across Australia.</p>
<p>24 <input type="checkbox"/></p> <p>12 kids are born every minute with a genetic condition or birth defect. Keep going for kids in need.</p>	<p>25 <input type="checkbox"/></p> <p>Fact: CMRI scientists are working on gene therapy breakthroughs, so your steps are fueling the future.</p>	<p>26 <input type="checkbox"/></p> <p>It's Dog Day! Celebrate with a pup-powered walk (or just look at cute dogs while you walk/run).</p>	<p>27 <input type="checkbox"/></p> <p>Feeling the love? Shoutout to someone who's supported you this month - tag them in a social post or send a thank you message!</p>	<p>28 <input type="checkbox"/></p> <p>The final stretch! Check your Ks and give yourself a high five!</p>	<p>22 <input type="checkbox"/></p> <p>Adventure awaits! Take a new route today!</p>	<p>23 <input type="checkbox"/></p> <p>Make your own mini fundraiser: \$5 per K today. Ask your friends to sponsor your steps!</p>
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You did it! Celebrate your achievement and thank everyone who donated. Your Ks have made a powerful impact!

31
FINAL DAY!

A young boy with short brown hair, wearing blue-rimmed glasses and a blue denim shirt, is smiling. He is holding a black cane with both hands. The background is a solid blue color with a white curved graphic element on the right side.

Thank you for raising funds to help find cures for Aussie kids affected by genetic diseases!

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Jeans for Genes® is a national fundraiser for Children's Medical Research Institute that funds research to find treatments and cures for children's genetic diseases, like cancer, cystic fibrosis, and life-threatening metabolic disorders.

We cannot find the cures without medical research, and we cannot fund the research without your support.

Thank you for helping kids like James.

CHILDREN'S
MEDICAL
RESEARCH
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Jeans
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