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!

CHILDREN'S MEDICAL RESEARCH INSTITUTE

Jeans for Genes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 **Let's get moving!** Every K you log this month helps find cures for childhood genetic diseases. Let's go!	**2** **Walk or run...** with a friend today and tell them why Ks for Kids matters to you.
3 Take a scenic stroll and explore somewhere new!	**4** Take a selfie on your walk or run and share it on your socials.	**5** **Feel the rhythm!** Listen to your favourite playlist to keep your pace up.	**6** **Jeans for Genes Day!** Celebrate Jeans for Genes Day by stepping a little extra, **add 1K extra to your goal!**	**7** **Did you know?** Your Ks support vital research at Children's Medical Research Institute.	**8** **1 in 20 Aussie kids faces a birth defect or genetic disease.** Your Ks make a difference.	**9** Walk with purpose today and think about the families you're helping with every step.
10 **Thank one of your supporters today.** Gratitude goes a long way!	**11** **Keep it up!** Every K brings us closer to a cure. Log today's Ks on your dashboard! fundraise.jeansforgenes.org.au/login/activity	**12** **It's OK to rest.** A rest day helps you recharge so you can go again tomorrow.	**13** Try a sunrise walk or run – it's a beautiful way to start the day!	**14** **Post a selfie!** Show off your progress on your page and inspire others to donate!	**15** **National Science Week is on!** Celebrate by learning about the science your Ks support.	**16** **Celebrate halfway!** You're doing something incredible for kids and families across Australia.
17 **Monday kindness:** donate to another Ks for Kids participant.	**18** **Need a boost?** Set a mini goal today – like 2K before lunch – and crush it!	**19** **Treat yourself...** with your fave snack or a coffee after your run/walk. You deserve it!	**20** **Thursday motivation:** every step you take powers medical research for sick kids.	**21** **Share your 'why I'm participating' story online.** Update your page to inspire others to donate!	**22** **Adventure awaits!** Take a new route today!	**23** **Make your own mini fundraiser:** $5 per K today. Ask your friends to sponsor your steps!
24 **12 kids are born every minute** with a genetic condition or birth defect. Keep going for kids in need.	**25** **Fact:** CMRI scientists are working on gene therapy breakthroughs, so your steps are fueling the future.	**26** **It's Dog Day!** Celebrate with a pup-powered walk (or just look at cute dogs while you walk/run).	**27** **Feeling the love?** Shoutout to someone who's supported you this month – tag them in a social post or send a thank you message!	**28** **The final stretch!** Check your Ks and give yourself a high five!	**29** **Take a moment to reflect on your journey.** You've helped pave the way for a healthier future for Aussie kids.	**30** **Almost there!** Share how far you've come on your socials!
						31 FINAL DAY!

You did it! Celebrate your achievement and thank everyone who donated. Your Ks have made a powerful impact!



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

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.

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Jeans for Genes®