



# Sofa to 6K

Get fit and raise money for vital research

Join the Sofa to 6K Community! Enter your progress below!

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> 1 – 7 July							
<b>Week 2</b> 8 – 14 July							
<b>Week 3</b> 15 – 21 July							
<b>Week 4</b> 22 – 28 July							
<b>Week 5</b> 29 July – 4 August	<b>Challenge Week!</b> Do your best to run/walk your KM target in one go				My Fundraising Goal \$  My Distance Goal		