

100 Skips

a day in August for
Jeans for Genes



Jeans
for Genes

Reach 100 skips a day as you smash through your challenge!

"Every beginning is difficult, but it gets easier from there on."
Erik Nool

01
START Skipping

02

03

04

05
Jeans for Genes
Day!

06

07

08

09

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16
When you think about
giving up, remember
why you started.

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20
Never stop
believing

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24

25
You're so close,
Keep skipping!

26

27

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29

30

☆ ☆ ☆
31
☆

Woo hoo... Last
day.

You're AMAZING!
Thank you for skipping
for Jeans for Genes



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

100 Skips

How to set-up your skipping rope



Step 1

Adjust your skipping rope to the right length for you.



Step 2

Tie a knot to secure your skipping rope



Step 3

Pull to tighten and start skipping!



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



Jeans for Genes