CHILDREN'S MEDICAL RESEARCH INSTITUTE

Jeans for Genes®

August

100 Skips a Day in August



SATURDAY	SUNDAY
1 Don't forget to log your skips as you go on your online dashboard!	**2**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 **How's your fundraising going?** $30 funds next generation DNA sequencing to help us find the cause of a genetic disease.	**4**	**5** Pssst...you have badges to collect on your dashboard! **Light one up right now with a self-donation.**	**6** Jeans for Genes® Day	**7** **Have you joined our Facebook group?** Join here: facebook.com/groups/100skips
10	**11** **Have you heard...** raise $300 and earn a free Jeans for Genes beanie or cap of your choice! Share your fundraising page NOW!	**12**	**13** MOTIVATION BOOST **Did you know?** More than 50% of children's hospital admissions are due to genetic conditions. You're helping fund research to find cures.	**14**
17 Have a top fundraising tip to share? Post it in the 100 Skips a Day Facebook Group today!	**18**	**19**	**20** **3 weeks down. 2000 skips down.** Tell your friends, family and colleagues how many skips you've done so far and ask for a donation!	**21**
24 You're on the home stretch. Let's finish strong!	**25**	**26** How many badges have you collected on your dashboard? Add one more today!	**27**	**28** **Did you know?** If you raise $500, you'll earn your very own Skipping Champion t-shirt! Share your fundraising page now for a final push!

SATURDAY	SUNDAY
8	**9** MOTIVATION BOOST **Keep moving!** Every skip fuels your fitness, boosts your energy and improves your mental wellbeing!
15 OVER HALFWAY THROUGH! Woohoo! Keep up the amazing work.	**16**
22 **Have an adventure!** Explore a new location to get your skips in this weekend.	**23** 1 in 20 kids (that's 12 born every minute worldwide) faces a birth defect or genetic disease. Keep going for kids in need.
29	**30**

31 FINAL DAY!

Thank you and good luck as you skip across the finish line!



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 Ruby.

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Jeans for Genes®

Ruby, 11
Cancer