

Be a hero. Smash your Ks for Kids challenge!

1 - 31st August

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

Alessia, 6
Spinal Muscular
Atrophy



Ollie, 9
Cancer

Enter your daily Ks below
and tally them up at the end.

My Ks Target for August: km

MONDAY

4

Ks Achieved Today ↗

Take a selfie
on your walk
or run and
share it on
your socials.



TUESDAY

5

Ks Achieved Today ↗

Feel the rhythm! Listen
to your favourite playlist
to keep your pace up.

WEDNESDAY

6

Ks Achieved Today ↗

Did you know?
Your Ks support
vital research at
Children's Medical
Research Institute.



THURSDAY

7

Ks Achieved Today ↗

**Jeans for
Genes Day!**
Celebrate Jeans for
Genes Day by stepping
a little extra, **add 1K
extra to your goal!**



FRIDAY

1

Ks Achieved Today ↗

Let's get moving!
Every km you log
this month helps
find cures for
childhood genetic
diseases. Let's go!



SATURDAY

2

Ks Achieved Today ↗

Walk or run...
with a friend today and
tell them why Ks for Kids
matters to you.



SUNDAY

3

Ks Achieved Today ↗

Take a scenic stroll
this weekend,
explore somewhere
new or your
favourite spot.



11

Ks Achieved Today ↗

Keep it up! Every K is
a step closer to a cure.
Update your K tracker on
your dashboard. Add
today's Ks in Superhero HQ.

fundraise.jeansforgenes.org.au/login/activity

12

Ks Achieved Today ↗

It's OK to rest.
A rest day helps you
recharge so you can
go again tomorrow.



13

Ks Achieved Today ↗

Try a sunrise
walk or run—
it's a beautiful
way to start
the day.



14

Ks Achieved Today ↗

**Post a
progress selfie!**
Show off your
progress and
inspire others
to donate!



15

Ks Achieved Today ↗

Walk with purpose
today and
think about
the families
you're helping
with every step.



16

Ks Achieved Today ↗

**Celebrate
halfway!**
You're doing
something incredible
for kids and families
across Australia.



17

Ks Achieved Today ↗

**Sunday
kindness:**
donate to
another
Ks for Kids
participant.



18

Ks Achieved Today ↗

Need a boost?
Set a mini goal today—
like 2K before lunch
— and crush it!

19

Ks Achieved Today ↗

Treat yourself...
with your fave snack
or coffee after
your run/walk.
You deserve it!

20

Ks Achieved Today ↗

**Midweek
motivation:**
every step you
take powers
medical research
for sick kids.



21

Ks Achieved Today ↗

**Share your 'why
I'm participating'
story online.**
You might inspire someone
to donate!

22

Ks Achieved Today ↗

Take a new
route today.
Adventure
awaits!



23

Ks Achieved Today ↗

**Make your
own mini
fundraiser:**
\$5 per K today.
Ask your friends
to sponsor your steps!



24

Ks Achieved Today ↗

1 in 20 kids
(that's 12 born every
minute worldwide) faces
a birth defect or genetic
disease. Keep going for
kids in need.

25

Ks Achieved Today ↗

Fun Fact:
CMRI scientists are
working on gene therapy
breakthroughs, so your
steps are fueling the future.



26

Ks Achieved Today ↗

It's Dog Day!
Celebrate with a
pup-powered walk
(or just look at
cute dogs while you walk).



27

Ks Achieved Today ↗

Feeling the love?
Give a shoutout to
someone who's supported
you this month - tag them
in a social post or send a
thank you message!

28

Ks Achieved Today ↗

**Your final
stretch is near.**
Check your Ks and give
yourself a high five!



29

Ks Achieved Today ↗

**Take a moment
to reflect on
your journey.**
You've helped pave
the way for a healthier
future for Aussie kids.



30

Ks Achieved Today ↗

Almost there!
Share a "one more K"
challenge on socials
to rally support.



31

Ks Achieved Today ↗

YOU DID IT! Celebrate
your achievement and
thank everyone who
donated. Your Ks have
made a powerful impact!

Total Ks Achieved in August: km