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**KMs**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
<h1>It's all of us against cancer</h1>				1 And we're off! 58km Walk for Breast Cancer has begun!		2 Facebook away! Let everyone know you're walking to tackle cancer.		3 Remember to track your distance and update your donors on your progress!		4		5	
				KM goal:		KM goal:		KM goal:		KM goal:		KM goal:	
6 <b>Work hard. Stay focused. You're doing great!</b>		7		8 Remember to check the <b>Facebook Group</b> for some updates and tips!		9 Heading out today? <b>Make sure to be sun safe.</b>		10		11 <b>Good things come to those who sweat.</b>		12	
KM goal:		KM goal:		KM goal:		KM goal:		KM goal:		KM goal:		KM goal:	
13		14 		15		16		17 <b>Who hasn't donated?</b> Time for a reminder!		18		19 Have you posted an update on your social pages? <b>Share how you're tracking.</b>	
KM goal:		KM goal:		KM goal:		KM goal:		KM goal:		KM goal:		KM goal:	
20 Show your appreciation, <b>thank your donors</b> on Facebook.		21 Email your friends, family and colleagues for donations.		22		23 <b>If it doesn't challenge you, it doesn't change you.</b>		24 <b>How are you tracking?</b> Check the Facebook Group to hear from other fellow walkers.		25		26 <b>Give it a last push!</b> Send out a reminder to your mates for donations.	
KM goal:		KM goal:		KM goal:		KM goal:		KM goal:		KM goal:		KM goal:	
27 How are you feeling? Bet you're feeling great!		28		29		30 <b>Go for glory! It's almost time for your final push.</b>		31 		<b>Tell us how you're tracking!</b> <b>Tag #58kmWalkforBreastCancer</b> <b>Or share your story in our Facebook Group by scanning the QR code</b> 			
KM goal:		KM goal:		KM goal:		KM goal:		KM goal:					