

WALK YOUR



HOW TO GET INVOLVED

1. Register at TINYURL.COM/WALKYOUR30
 2. See website for tips and resources
 3. Cross out each day you 'Walk your 30'
 4. Share a picture of your walk on Facebook, Twitter or Instagram for a chance to win. Include your suburb and hashtag #WalkYour30
- See website for Terms & Conditions

SUN	MON	TUE	WED	THU	FRI	SAT
X	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			