

RUN TO ZERO

Track your progress. Take notes. Check your planner for a motivation boost in your Run to Zero month. Let's do this!



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
29		30		1		2		3		4		5	
On your marks... Get set...				GO		How many Ks can you count down on day 1?				TIP Weekends are perfect for smashing bulk kilometres! 			
6		7		8		9		10		11		12	
Put the call-out! Share your weekend progress with mates. 						Back yourself with a donation to your own page. 				Pump up the jams! Load up your weekend running playlist. 			
13		14		15		16		17		18		19	
								Halfway through the month! Write down where you're at here: <div style="border: 1px solid black; padding: 2px; display: inline-block;">KM TO GO</div>		Good day to run with a mate. Coffee and a catchup after, you've earned it. 		Sunday run-day lets goooo! 	
20		21		22		23		24		25		26	
		Change of scenery? Run somewhere you've never ran before. 						Put a call out for donations. 				Get your Ks up on the last weekend of the month. 	
27		28		29		30		31		<p>Thanks so much for putting your time and energy towards supporting life-saving research and Health care programs. Cheers from everyone at the Heart Foundation.</p>			
Treat yourself to a nice warm down run... 				... Now start building the intensity on the home stretch! 				Make it all count, share your fundraiser. 					