



MOVE FOR KIDS' SAKE

WHAT'S YOUR NEXT MOVE?

MAR
20



APR
30

NEED SOME INSPIRATION?

FOR THE PUSH UP KING:

I commit to doing 1 push-up for every \$1 I raise.

FOR THE BURPEE LOVER:

I commit to doing 1 burpee \$1 I raise.

FOR THE DANCING QUEEN:

I commit to dancing for 1 minute for every \$1 I raise.

FOR THE PELOTON COUPLE:

We commit to riding 1 minute for every \$1 we raise.

FOR THE JUMPING JACK FAMILY:

We commit to doing 1 jumping-jack for every \$1 we raise.

FOR THE COMPETITIVE BIG BROTHER/BIG SISTER MATCHES:

My Little will do 1 sit-up for every \$1 I (the Big) raise.

FOR THE DREAM TEAMS:

We will walk/run 1km for every \$10 we raise.

FOR THE MUSICIANS:

I will commit to playing an instrument for 1 minute for every \$1 I raise.