



# MARATHON MAY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lifestyle changes like this could halve the number of cancer cases.		You are helping us to reach 5,800 people affected by cancer this year.		£80 of your fundraising could provide a 6 week counselling programme for a child.		<b>1</b> <b>Let's Smash This</b>
<b>2</b> 1 Mile	<b>3</b> 	<b>4</b> 1 Mile: May the 4th be with you!	<b>5</b> 1 Mile	<b>6</b> 1 Mile	<b>7</b> Share your Everyday Hero page with friends	<b>8</b> 2 Miles: You Can Do It!
<b>9</b> 	<b>10</b> 1 Mile	<b>11</b> 1 Mile	<b>12</b> 1 Mile: Hit a New Route!	<b>13</b> 2 Miles	<b>14</b> 	<b>15</b> 1 Mile: Bring a Friend!
<b>16</b> 1 Mile	<b>17</b> You're Halfway There! 	<b>18</b> 2.2 Miles	<b>19</b> 	<b>20</b> 1 Mile	<b>21</b> 1 Mile: Try a Local Beauty Spot!	<b>22</b> Share your progress on Everyday Hero
<b>23</b> 1 Mile: Bring Your Dog! 	<b>24</b> 1 Mile	<b>25</b> 1 Mile	<b>26</b> 1 Mile	<b>27</b> 	<b>28</b> 1 Mile	<b>29</b> 1 Mile: Wear Something Fun!
<b>30</b> 2 Miles	<b>31</b> Final Mile! 	<b>HURRAY - You're a Marathon May Hero!</b>				 