

Mark off each day to keep motivated as you get your steps up this May!

**MAY 2026**

MON	TUE	WED	THU	FRI	SAT	SUN
				<b>LET'S GET STARTED!</b> 1 Time to step up for sick kids!	2 Have you joined our Facebook group? Stay motivated with your fellow steppers!	3 Step up this Sunday with a self-donation to support sick kids
4 Take a stroll with your pet (or someone else's!)	5 Listen to your favourite playlist as you walk	6 Walking has many benefits, including improved heart health, stronger bones, and reduced stress	Did you know? 7 In 2025 Captain Starlight visited <b>118</b> Remote Communities	8 Take a Super Steps selfie and share on your socials and the FB group	9 Try a new route or location you've always wanted too	10 Happy Mother's Day!
11 Listen to an inspiring podcast	Did you know? 12 In 2025 there were over <b>163,294</b> Starlight Express Room visits!	13 You're doing an amazing thing for sick kids. Keep it up!	14 It's ok to take a break. We all need rest.	15 Walk or run with a friend and tell them about Super Steps. Encourage them to join you!	16 Halfway! Are you smashing your steps goal?	17 Update your KM Tracker on your dashboard
18 Treat yourself. Enjoy a little treat post walk/run	It's our biggest 19 national fundraising day where we seriously step up our impact to make hospital a happy place for sick kids. Share a post on socials and ask people to donate today!	20 Set your alarm to step out and see a beautiful sunrise	Did you know? 21 In 2025 Starlight granted <b>424</b> Starlight Wishes	22 Make a random act of kindness and donate to a strangers page	23 Every step helps make hospital a happier place for sick kids. So keep up the amazing work!	24 <i>"Nothing is impossible. The word itself says 'I'm possible!'"</i> - Audrey Hepburn
25 Try going a little further today - you can do it!	26 Thank all of your incredible donors	27 Try walking a little further today- you can do it!	In 2025, thanks to supporters like you, we delivered over <b>5.4m</b> positive Starlight experiences!	29 You're almost there... Keep on steppin towards your goal	30 Post a proud selfie- it's your final day tomorrow!	31 <b>YOU DID IT!</b> Congrats & thank you forstepping up for sick kids!