

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

**MAY 2025**

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 Listen to your favourite playlist as you walk	 4 Take a stroll with your pet (or someone else's!)
 5 Step up this Sunday with a self-donation to support sick kids	 6 Walking has many benefits, including improved heart health, stronger bones, and reduced stress	<b>Did you know?</b> 7 In 2024 Captain Starlight visited <b>125</b> <b>Remote Communities</b>	 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 Listen to an inspiring podcast	 11 Happy Mother's Day!
<b>Did you know?</b> 12 In 2024 our Program Volunteers did a total of <b>16,921</b> <b>Hours</b>	 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
 19 Set your alarm to step out and see a beautiful sunrise	It's our biggest 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! <b>20</b>	<b>Did you know?</b> 21 In 2024 Starlight granted <b>491</b> <b>Starlight Wishes</b>	 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!	<b>24</b> <i>"Nothing is impossible. The word itself says 'I'm possible!'"            – Audrey Hepburn</i>	 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!	<b>Did you know?</b> 28 Captain Starlight is present in <b>115</b> <b>Hospitals Aus Wide</b>	 29 You're almost there... Keep on stepping towards your goal	 30 Post a proud selfie- it's your final day tomorrow!	 31 <b>YOU DID IT!</b> Congrats & thank you for stepping up for sick kids!	

