

YOUR
Australia's
WALK & JOG
Challenge
CALENDAR

Get active. Beat dementia.



**Dementia
Australia™**

Get active in May to beat dementia.

Take on the challenge to walk or jog 43km in May
and help us put an end to dementia.

MAY 2025

MON	TUES	WED	THURS	FRI	SAT	SUN
12 START _____km	13 _____km	14 _____km	15 _____km	16 _____km	17 _____km	18 <i>You're halfway!</i> _____km
19 _____km	20 _____km	21 <i>Keep going!</i> _____km	22 _____km	23 _____km	24 _____km	25 FINISH <i>You DID it!</i> _____km