hawaiian

RIDE FOR YOUTH

VIRTUAL EDITION

Youth Focus

I'M RIDING 400KM THIS MARCH

Every kilometre I ride and every dollar I raise helps Youth Focus provide free mental health support to young West Australians aged 12-25 and their families.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 _____ kms **Your 31-day ride starts today!** **Log your rides over the next 5 days** to be in with a chance to win a merch pack!	**2** _____ kms	**3** _____ kms **$25 can help** provide vital mental health resources and information to young people. **Need a little motivation?** Grab a friend to clock up some kms together.	**4** _____ kms **$50 can help** connect a young person with Youth Focus' mental health services when they need them. Keep sharing your page!	**5** _____ kms **Keep rolling!** Every km brings you closer to your goal.	**6** _____ kms **Weekend ride?** Change up the scenery, try a new route!	**7** _____ kms **One week down!** Set your goal for Week 2.
8 _____ kms	**9** _____ kms	**10** _____ kms	**11** _____ kms	**12** _____ kms	**13** _____ kms	**14** _____ kms
15 _____ kms **You're halfway through! High five!** Keep those pedals turning – 400km is getting closer.	**16** _____ kms	**17** _____ kms **Remember why you're riding:** helping young people access the mental health support they need.	**18** _____ kms	**19** _____ kms **Share your page!** Tell your friends how many kms you've ridden so far.	**20** _____ kms	**21** _____ kms **Three weeks down!** Woo-hoo!
22 _____ kms **Raise $250** and unlock your T-shirt.	**23** _____ kms **Riding with a team?** Check in with each other today.	**24** _____ kms	**25** _____ kms **You're on the home stretch.** A quick share of your page today could bring you closer.	**26** _____ kms **$250 can help** provide a counselling session for a young person who needs support.	**27** _____ kms	**28** _____ kms **Let's finish strong!** How close are you?
29 _____ kms **Raise $500** to unlock your water bottle reward!	**30** _____ kms **One day to go!** Woo-hoo!	**31** _____ kms **FINAL DAY!** Ride strong, finish proud and celebrate every km and every dollar you've raised for young people's mental health.				

YOU DID IT!
THANK YOU

for going the distance for youth mental health this March.