



Skipping plan November '26

Use the calendar to tick off your progress, and to take notes for each day.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 Skip for Heart starts today! 
2 Play 'Jump (For My Love)' and skip to the beat 	3 Share footwork variations you can do with the Facebook Group 	4	5 Can you skip for 5 minutes? 	6	7	8 Skip Sundays Feel like a day off? Make a donation to your fundraiser to skip Sundays! 
9 Self-donate \$35 to get your skipping rope 	10	11	12 Play 'Eye of the Tiger' and skip to the beat 	13 Share a post to Facebook to let everyone know you are skipping for hearts in Australia 	14 Raise \$250 to receive a t-shirt 	15 Half way there! Can you do 95 skips without stopping? 
16	17	18 Play 'Don't Go Breaking My Heart' and skip to the beat 	19	20 How many skips can you do in 1 minute? 	21	22 Skip Sundays Feel like a day off? Make a donation to your fundraiser to skip Sundays! 
23 Raise \$500 to earn a pair of socks 	24	25 Play 'Push It!' and skip to the beat 	26	27 How long can you skip for? 	28 Remember to thank your donors for supporting hearts in Australia 	29 Give it a last push! Send out a reminder asking friends for a donation 
30 You've made it! 						

By taking part in the Skip for Heart challenge, you'll be skipping for every person in Australia who dies from a heart attack, one every 95 minutes.

Looking for more motivation?
Visit www.skipforheart.org.au/





Looking for motivation?

Here's something for every level of skipping.



Beginner



Pick your favourite song and skip to the beat!

Intermediate



Can you skip for 5 minutes?

Advanced



10 minutes of non-stop skipping

Fundraising incentives

Jump-start your fundraising journey by donating to yourself! Back yourself with a self-donation of \$35 or more, and we will send you a **FREE** skipping rope supplied by our partner Topline to help you in your challenge.

The first 250 people to raise **\$250** on their fundraising page will receive a **FREE** Skip for Heart t-shirt. The first 250 people to hit **\$500** raised, will receive a **FREE** pair of Skip for Heart socks!

*T&Cs apply, visit www.skipforheart.org.au/ for more info.



Benefits of skipping

There are many reasons to get out your jump rope. Skipping:



Is suitable for all ages and skill levels



Only takes 10 minutes a day to have an impact



Boosts heart health and aerobic fitness



Releases feel-good endorphins



Requires minimal equipment and space



Is a lot of fun!

www.skipforheart.org.au/

Join our Facebook community for daily inspiration, tips and support. It's also a space for you to share you progress throughout the month!



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