

FIT TO FLY CHALLENGE



Ready to do 50 SQUATS A DAY EVERY DAY IN MARCH to keep the Flying Doctor flying?



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 <input type="checkbox"/> Don't forget to log your squats as you go on your challenge dashboard!	4 <input type="checkbox"/>	5 <input type="checkbox"/> 	6 <input type="checkbox"/> DID YOU KNOW... there are 5 badges to collect on your dashboard! Unlock one right now with a self-donation. 	7 <input type="checkbox"/>	8 <input type="checkbox"/> MOTIVATION BOOST Raising \$33 will pay for a full range of life support medication such as sedatives, pain relief and antibiotics so the Flying Doctor can be ready for any emergency.	9 <input type="checkbox"/> DON'T SLOW DOWN THIS WEEKEND! Your daily squats are helping to strengthen your legs, core AND improve flexibility.
10 <input type="checkbox"/> 	11 <input type="checkbox"/> 	12 <input type="checkbox"/> HAVE YOU HEARD... raise \$50 for your challenge and earn an exclusive Fit to Fly t-shirt! Share your fundraising page NOW.	13 <input type="checkbox"/> 	14 <input type="checkbox"/> Every day, 225 Queenslanders need the Flying Doctor. Keep squatting to provide emergency health care to anyone living or working in rural and remote Australia.	15 <input type="checkbox"/> 	16 <input type="checkbox"/> OVER HALFWAY THROUGH! How are you feeling? Keep up the good work!
17 <input type="checkbox"/> 	18 <input type="checkbox"/> MOTIVATION BOOST \$102 will help provide one on one counselling to an outback Australian during a difficult time. 	19 <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/> 3 WEEKS DOWN. 1,050 SQUATS DOWN. Share on your socials that you've hit over 1,000 squats (two thirds of the way to your goal). Keep going!	22 <input type="checkbox"/> Where are you planning to do your squats this weekend? Why don't you change it up!	23 <input type="checkbox"/>
24 <input type="checkbox"/> What's your favourite track to listen to while you squat? Share it with the Facebook Group today!	25 <input type="checkbox"/> IT'S THE FINAL COUNTDOWN! Let's power through to the finish line.	26 <input type="checkbox"/>	27 <input type="checkbox"/> Share your sweaty squat selfies in the Facebook Group today and see how everyone else is getting on.	28 <input type="checkbox"/>	29 <input type="checkbox"/>	30 <input type="checkbox"/>

SATURDAY

1
Your 31-day SQUAT challenge starts TODAY!

SUNDAY

2

31
FINAL DAY!
Thank you for your incredible efforts.
Share your fundraising page with family or friends now for a final donation push!

Every dollar you raise will help the Royal Flying Doctor Service keep delivering life-saving care across Australia.

Correct Squat Technique:
Remember to keep your head/neck in neutral, core engaged but not forcefully, feet positioned at shoulder width (or slightly wider) apart and slightly angled outwards and knees should be slightly flexed (bent). Keep lower back arch in neutral and relax your shoulders.