



Weekly Challenges

Take on the weekly challenges to add some extra fun as you clock your K's for R U OK?



Week One – Connection

This week clock your K's with a friend – if you can't do it in person give them a call.

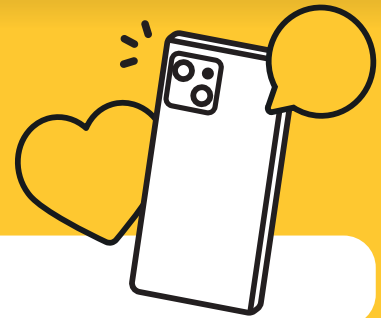


Bonus point – share a selfie of your connection challenge on social media, if you're clocking over the phone take a screenshot of the two of you on FaceTime – don't forget to tag your friend and use #ksforruok.



Week Two – Yellow

As you're clocking your K's this week, keep an eye out for something yellow – snap it and share it.



Bonus point – find three or more yellow items in one outing.



Week Three – New Horizons

Great work – we're past the halfway point! It's great to build our routine clocking K's along the same route, it can also be awesome to try something different. Find a new route or place to clock your K's this week.



Week Four – Old Favourites

Show us your favourite place to clock your K's for R U OK? or clock your K's with your favourite people. Snap, tag and share! #ksforruok

