

Keep track of your Ks for R U OK?

Remember, every step you take makes a difference. You can inspire and empower others to have meaningful conversations and lend support to those who may be struggling. You don't have to clock Ks every day. Tally up your Ks at the end of each week to make sure you're on track for your monthly goal.

Day 1 Kick-off	Day 11	Week 3 Total
Day 2	Day 12	Day 22
Day 3	Day 13	Day 23
Day 4	Day 14	Day 24
Day 5	Week 2 Total	Day 25
Day 6	Day 15	Day 26
Day 7	Day 16 Halfway there	Day 27
Week 1 Total	Day 17	Day 28
Day 8	Day 18	Week 4 Total
Day 9	Day 19	Day 29
Day 10	Day 20	Day 29
	Day 21	Day 31 Finished!
		Total

#KsforRUOK
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