

6 weeks to your Global 6K goals

Step into action with these activations!



Get FUNdraising: Every \$50 you raise equips one person in need with lasting access to clean water. Invite others to help change the world with you by donating to your Global 6K fundraising page. By following these tips, you can raise \$500 in just 6 weeks—that’s clean water for 10 more people!

- Week 1** Donate \$50 to your own goal. When others see that you’re backing your own beliefs, they’ll be inspired to do the same.

- Week 2** Set up a Facebook fundraiser and aim for \$100 or more from your network.

- Week 3** Ask 3 family members to donate \$50 each.

- Week 4** Ask 4 businesses you frequent to donate \$10 each.

- Week 5** Ask 5 friends to give \$20 each.

- Week 6** Ask 6 coworkers or classmates to give \$10 each.



Step it up: Get moving before your 6K! If you plan on running, follow the schedule below.

Minutes, not miles: Run two minutes, walk one minute. Repeat. Run more. Add minutes. You’ll be at 6K before you know it.

WEEK	DATE	MON	TUE	WED	THU	FRI	SAT	SUN
1	April 11	20 min run 2, walk 1	30 min walk	20 min run 2, walk 1	rest	20 min run 2, walk 1	30 min run 2, walk 1	rest
2	April 18	25 min run 2, walk 1	30 min walk	25 min run 2, walk 1	rest	25 min run 2, walk 1	35 min run 2, walk 1	rest
3	April 25	30 min run 3, walk 1	30 min walk	30 min run 3, walk 1	rest	30 min run 3, walk 1	40 min run 3, walk 1	rest
4	May 2	35 min run 4, walk 1	30 min walk	35 min run 4, walk 1	rest	35 min run 4, walk 1	50 min run 4, walk 1	rest
5	May 9	40 min run 5, walk 1	30 min walk	40 min run 5, walk 1	rest	40 min run 5, walk 1	60 min run 5, walk 1	rest
6	May 16	45 min run 5, walk 1	30 min walk	45 min run 5, walk 1	rest	rest	Global 6K!	rest