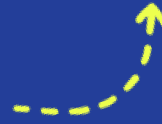


BLUE SEPTEMBER



Prostate Cancer
Foundation NZ
Te Kahui Mate Pukupuku Repe Tātea o Aotearoa Manatōpū



Pushups

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Blue September begins!	2	3 Made a gameplan?	4	5 Joined our Blue September FB group yet?	6	7 Happy Father's Day!
8	9 Done your reps today? 	10	11 Are you on target?	12	13 You're a STAR 	14
15	16 Way to go! Halfway there! 	17	18 Share on socials! 	19	20	21
23 Locked in your rewards? 	24	25 How's training going? 	26	27	28 You can do it!	29
30 You did it!			every dollar you raise helps us tackle prostate cancer together - thank you			