



Want to  
continue your  
support for  
premature  
and sick  
babies?

**Bliss**  
for babies born  
premature or sick

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Miles	Total
1	2	3	4	5	6	7		
8	9	10	11	12	13	14		
15 <div>You're Halfway!</div>	16	17	18	19	20	21		
22	23	24	25	26	27 <div>Nearly There!</div>	28		
29	30	<div>£50</div> can help support vital neonatal research which is responsible for significant improvements in the care and treatment of babies born premature or sick						



Remember to share your  
progress in the group!

[www.bliss.org.uk](http://www.bliss.org.uk)

