

90KM^{IN} NOVEMBER

Bliss
for babies born
premature or sick

Fill in the amount of
kilometres you complete
each day, remember to share
your progress in the group
(and cheer everyone on!)
You've got this!



Want to continue your
support for premature
and sick babies?

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total Kilometres	Weekly Fundraising Total
£50 can help support vital neonatal research which is responsible for significant improvements in the care and treatment of babies born premature or sick							1	2
3	4	5	6	7	8	9		
10	11	12	13	14	15	16		
17	18	19	20	21	22	23		
24	25	26	27	28	29	30		
							Total Kilometres	Total Raised

You're
Halfway!

Nearly
There!

Your donation will help us
support more parents when
they need us most

www.bliss.org.uk

Registered with
**FUNDRAISING
REGULATOR**
 Registered charity no. 1002973 Scottish registered charity SC040878