



# 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, in just six weeks you can raise \$500—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 give too!

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- Week 2** Set up a Facebook fundraiser through your Global 6K account and aim to raise \$100.

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- Week 3** Call three family members and ask them to donate \$50 each.

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- Week 4** Visit four businesses you frequent and ask them to donate \$10 each.

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- Week 5** Text five friends and ask them to give \$20 each.

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- Week 6** Make a personal ask to six co-workers or classmates to give \$10 each.



**Step it up:** Get moving before your Global 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 8	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 15	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 22	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	April 29	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 6	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 13	45 min run 5, walk 1	30 min walk	45 min run 5, walk 1	rest	rest	Global 6K!	rest