

Keep track of your daily K's for R U OK?

Remember, every step you take makes a difference. You can inspire and empower others to have meaningful conversations and lend support to those who may be struggling.

Day 1	Kick-off	Day 11	Day 22
Day 2		Day 12	Day 23
Day 3		Day 13	Day 24
Day 4		Day 14	Day 25
Day 5		Day 15	Day 26
Day 6		Day 16	Day 27
Day 7		Day 17	Day 28
Day 8		Day 18	Day 29
Day 9		Day 19	Day 30
Day 10		Day 20	Day 31
		Day 21	Finished!
			Total

#KsforRUOK
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