



## Every step you take helps a child with cancer!

The Virtual Walk is an exciting challenge, allowing you to raise funds for kids with cancer while having fun. Simply pick a week before the end of April 2020 and get walking!

### Instructions

1. Register at [walkforkidscancer.org.au](http://walkforkidscancer.org.au)
2. To track your steps there are many apps available to download via the App Store or Google Play.
3. Choose your own distance! We've provided some optional step challenges below.
4. Create your Everyday Hero fundraising page and enlist sponsors from far and wide. Spread the word through social media by tagging your posts #BobsWalk4Kids across Facebook, Twitter and Instagram. Connect with us using @westmeadkids to let us know how you're going. Don't forget you can also email your quest for donations to friends and family.
5. Now you're ready to start tracking your steps. You can record your progress on the back of this leaflet.



Visit [walkforkidscancer.org.au](http://walkforkidscancer.org.au)

(02) 9845 3131 | [nicole.ilacqua@bandagedbear.org.au](mailto:nicole.ilacqua@bandagedbear.org.au)

Sydney Children's  
Hospitals Foundation

the  
children's  
hospital  
at Westmead

# Virtual Walk Challenge

Every step you take helps the Cancer Centre for Children

DAY	STEPS
1	
2	
3	
4	
5	
6	
7	
<b>TOTAL</b>	

Upload a picture and share your achievements at #BobsWalk4Kids



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