



# September 2023

Hula 10 minutes a day for 30 days for better heart health!  
 Cross off each day as you smash through your challenge.




YOUR NAME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	31 <i>Every beginning is difficult. But it gets easier from there on. - Erki Nool</i>	1 <b>START</b>	2	3
4	5 International Day of Charity	6	7	8 Rugby Union World Cup	9	10
11	12	13	14	15 <b>HALFWAY DAY</b>	16	17
18	19 Talk Like a Pirate Day	20	21 International Day of Peace	22	23	24
25	26	27	28	29 <i>World Heart Day</i> ❤️	30 <b>FINISH!</b> AFL Grand Final	31 <i>You're AMAZING! Feel proud, you've completed the Hula 4 Heart Challenge.</i>

**HEALTHY HEARTS START WITH YOU - Thank you for raising funds to help to fight heart disease!**