



A conversation could change a life.

Keep track of your daily K's for R U OK? And remember, every step that you take is bringing us closer to a world where we are all connected and protected.

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

#KsForRUOK

Visit us at join.ruok.org.au