

# 30 DAY PAWGUST CHALLENGE



**YOU GUYS ARE PAWsome!**  
You've committed to walking 30 mins a day for 30 days to supPAWt Guide Dog puppies in training. Put your PAWS together PAWlease and here we go....

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					<p><b>1.</b> Tails are wagging! Put your paws to the pavement today!</p>	<p><b>2.</b> You have started on the most rewarding, healthy, active, beneficial and challenging charity event of 2020!</p>
<p><b>3.</b> A pack that walks together, stays together. You've got this!</p>	<p><b>4.</b> PUPdate all your PAWsome friends and remind them to give!!</p>	<p><b>5.</b> You are the leader of the pack and your dog is relying on you. Get out there!</p>	<p><b>6.</b> Make sure you get some great PUParazzi shots and share them with all your family and FURiends.</p>	<p><b>7.</b> High fives! 7 day walking streak!</p>	<p><b>8.</b> Share your first week experiences and ask for donations of supPAWt.</p>	<p><b>9.</b> We're howlin' for you! Your PAWGUST community can be found here – #PAWGUST2020</p> 
<p><b>10.</b> Belly scratches all round! You're 1/3 of the way there!</p>	<p><b>11.</b> EmBARK on a fun weekend adventure today!</p>	<p><b>12.</b> Take the lead and start the week strong!</p>	<p><b>13.</b> Be the best human and go for an extra-long walk today.</p>	<p><b>14.</b> Fetch for donations of supPAWt from your nearest and dearest.</p>	<p><b>15.</b> No digging yourself out of this hole, you signed up for a reason and now you're halfway!</p>	<p><b>16.</b> Was today a bit ruff? Share your experiences with the PAWGUST community and we will help you get through!</p>
<p><b>17.</b> Who let the dogs out? Today, consider going on a walk somewhere you've never been!</p>	<p><b>18.</b> Look at those sad puppy eyes? We know it's Sunday but you will both feel so much better after a walk! PAWpromise!</p>	<p><b>19.</b> Throw me a bone here! Ruff Day passes available this week only.</p>	<p><b>20.</b> We know it's starting to get a bit ruff out there but you've got this!</p>	<p><b>21.</b> Has it been PAWrning rain? Tell your network about your experiences and remind them to give!!</p>	<p><b>22.</b> Instead of watching Netflix, login to your dashboard and update your paws walked!</p>	<p><b>23.</b> PAW-uffed out yet? There's still a couple of days to purchase your Ruff Day pass.</p>
<p><b>24.</b> Put your best paw forward today. You've only got 7 more days to go! So close!</p>	<p><b>25.</b> Why not do a different form of exercise today? Downward dog anyone?</p>	<p><b>26.</b> The final count-down! This is it! You can do it! Last week of PAWGUST is here!</p>	<p><b>27.</b> Don't PAWget to remind your FURiends to give!</p>	<p><b>28.</b> Dig deep and think about all the Guide Dog pups in training today.</p>	<p><b>29.</b> PAWlease do a howl out to your FURiends! Share your experience with them. ONE MORE DAY!</p>	<p><b>30.</b> You are unPAWlievable! A huge tail wagging, cheek licking, belly scratching well done to you!</p>

Thank you for the bottom of our paws. You have helped supPAWt our Guide Dog puppies currently in training who will one day give confidence and freedom to a member of your community.