

HELP US RAISE MONEY FOR THE QUEENSLAND FLOODS



Burpees for Western Queensland With Kate and Teek

Get people to sponsor you to do Burpees: See how many burpees you can do in 5min & get sponsored per burpee i.e. \$1 per burpee, 50 cents per burpee, or 20 cents per burpee.

Join our Instagram live session - Monday 9th June, 5.30pm AEST, 3.30pm AWST, 7.30pm NZST (If you can't make the live then do your burpees in your own time before end of day Friday 13th June) Upload your completed form to the KIF page by end of day Sunday, 25th May to go in the draw to win a Graziher subscription and an LSKD Voucher.

When you have collected your fundraising \$ please donate it at: <https://burpees-for-western-queensland.raiselysite.com/> by end of day Sunday 15th June and reference DediKate when donating.

Then don't forget to upload your form at www.kateiveyfitness.com/fundraising to go in the draw to WIN!

| Name | Amount i.e \$1 per burpee, 50 cents per burpee, or 20 cents per burpee. | Number of burpees | Total Amount |
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Total Amount Raised: