

AUGUST 2025

Take a cold dip for the almost 1 in 2 Aussies diagnosed with cancer!



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|---|---|--|--|
| | | | | 1 DIP <input type="checkbox"/> Jump in! It's the first day of the Daffodil Day Dip challenge to help fund life-saving cancer research! | 2 DIP <input type="checkbox"/> | 3 DIP <input type="checkbox"/> You can do it! It's time to be brave, and take a dip to help give strength to those facing cancer. |
| 4 DIP <input type="checkbox"/> Have you taken your first dip yet? If not, make today the day! | 5 DIP <input type="checkbox"/> | 6 DIP <input type="checkbox"/> | 7 DIP <input type="checkbox"/> That's Week 1 done! Post a dip-selfie on socials, via email, text, in your group chats and share your fundraising page with friends and family. | 8 DIP <input type="checkbox"/> | 9 DIP <input type="checkbox"/> | 10 DIP <input type="checkbox"/> Where will you dip this weekend? Grab your cap and get ready to chill out for a great cause! |
| 11 DIP <input type="checkbox"/> Here's an idea: Save your morning coffee until after you dip. Reward yourself for doing something amazing! | 12 DIP <input type="checkbox"/> | 13 DIP <input type="checkbox"/> Not near the water today? Take a dip at home with a cold bath or shower instead. | 14 DIP <input type="checkbox"/> | 15 DIP <input type="checkbox"/> | 16 DIP <input type="checkbox"/> Cool news: You're halfway through already! Keep up the awesome work. | 17 DIP <input type="checkbox"/> Need help reaching your fundraising goal? Jump onto daffodilday.com.au/dip for lots of great fundraising tips and resources! |
| 18 DIP <input type="checkbox"/> Did you know? The daffodil is the international symbol of hope for everyone impacted by cancer. | 19 DIP <input type="checkbox"/> | 20 DIP <input type="checkbox"/> | 21 DIP <input type="checkbox"/> It's Daffodil Day! Celebrate on socials and thank your supporters for helping to create a cancer free future. | 22 DIP <input type="checkbox"/> | 23 DIP <input type="checkbox"/> | 24 DIP <input type="checkbox"/> Find a nice spot for a dip this weekend and post a selfie to encourage friends and family to donate. Remember: Include a link to your fundraising page! |
| 25 DIP <input type="checkbox"/> It's the final week of the Daffodil Day Dip challenge. For all that cancer takes, give all you can! | 26 DIP <input type="checkbox"/> | 27 DIP <input type="checkbox"/> Time to ask for donations! Send out your fundraising page link on WhatsApp, email, and socials today. | 28 DIP <input type="checkbox"/> | 29 DIP <input type="checkbox"/> | 30 DIP <input type="checkbox"/> Could you fit in one last dip this weekend? Share a selfie using the hashtag #DaffodilDayDip | 31 DIP <input type="checkbox"/> Challenge complete! Woohoo! Thank you for braving the cold in support of Aussies affected by cancer. |





**I'm taking part in Cancer Council's
Daffodil Day Dip to raise funds
for a cancer free future.**

Please support me