

AUGUST 2026

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



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



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



Cancer Council
Daffodil Day

Growing hope
for **40 years**