



# SIGN UP FOR DOG JOG

## Get fit, spend time with family and have fun with your four-legged friend

Sign up for a virtual Dog Jog and raise money at your own pace. Here are some ideas on how to complete your challenge:






- Do your challenge solo or with a group
- Take on whatever distance you like, whether that's 5km, a 10km or a bit more
- Complete your challenge whichever way suits you best – whether that's a brisk walk, a jog or a run.
- Document your challenge on social media



Simply fill out the form on our website and our team will get in touch with more information

Scan for more info



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