



10
Before
2

JUMP ROPE FOR HEART & LIFE BLOOD AU

☐

MAY 1

5 min skipping (A new blood donor is needed every 5 minutes)

☐

MAY 2

33 sets of 10 skips (Australia needs 33,000 donations weekly)

☐

MAY 3

200 skips total (200 donors are needed every hour)

☐

MAY 4

42 seconds of fast skipping (Red blood cells last 42 days)

☐

MAY 5

100 skips per set (100,000 first-time donors annually)

☐

MAY 6

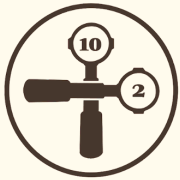
372 skips (Average distance a donation travels in km)

☐

MAY 7

REST OR CATCH UP DAY





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BLOOD AU



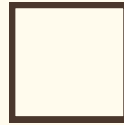
MAY 8

470 skips total (Each blood donation is 470ml)



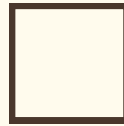
MAY 9

700 skips total (Platelets last only 7 days, so donations are needed regularly)



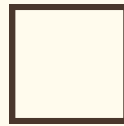
MAY 10

150 skips per set (150,000 plasma donations are needed yearly)



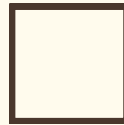
MAY 11

9 min skipping (1 in 9 Australians need blood)



MAY 12

2 sets of 600 skips (Plasma helps 600+ people daily)



MAY 13

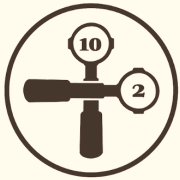
1000 skips total (1000 donations needed daily for cancer patients)



MAY 14

REST OR CATCH UP DAY





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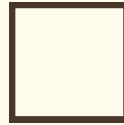
MAY 15

20 skips every minute for 5 minutes
(Plasma can be given every 2 weeks)



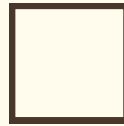
MAY 16

75 skips per set (75% of blood is used
for medical treatments)



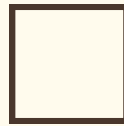
MAY 17

200 skips total (2000 blood donations
are needed daily)



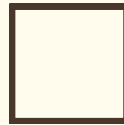
MAY 18

3 rounds of 333 skips (1/3 of donations
go to cancer patients)



MAY 19

600 skips total (600+ Australians need
plasma daily)



MAY 20

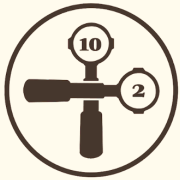
8 min skipping (1 in 8 hospital patients
need blood)



MAY 21

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MAY 22

275 skips per set (Apheresis takes 275 minutes monthly)



MAY 23

3 sets of 250 skips (250ml of plasma in a donation)



MAY 24

45 sec speed skipping (Platelet donations take 45 mins)



MAY 25

10 min skipping (Plasma donors are 10x more likely to donate regularly)



MAY 26

365 skips total (Blood is needed every day of the year)



MAY 27

200 skips total (200 blood donations needed every hour)



MAY 28

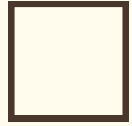
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MAY 29

3 rounds of 500 skips (Encourage 3 friends to donate!)



MAY 30

100 skips every minute for 4 minutes
(100,000 first-time donors needed)



MAY 31

225 skips total! 🎉 (Celebrate making it through May 2025!)



How to Stay Motivated:

- ✓ Track your progress daily
- ✓ Challenge a friend to join you
- ✓ Share your journey on socials

@twobeforeten #10before2 @lifebloodau #lifebloodau

1, 2, 3, Give!

1. Register a blood donor account lifeblood.com.au, if you don't already have one.
2. Make it count! Join your **Two Before Ten Lifeblood Team** [Lifeblood](#) go to 'Teams' and choose 'My Teams'.
3. Give life - [Make an appointment](#), on the Donate Blood [app](#), by calling 13 14 95
Now your donations will count towards our tally, and we can see how many lives we're changing every day!

