

Kindness STARTS WITH ONE



2018
calendar

365 acts of kindness

Act
Smile
Compliment
Hello
Gift
Thank You
Community
donation
flower
NEIGHBOR
book
Hug
choice
heart
WORD
friend
person

JANUARY 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|--|---|---|
| <p>1</p> <p>Start a jar of positive quotes / aspirations</p> <p>New Year's Day</p> | <p>2</p> <p>Write a letter to your future self</p>  | <p>3</p> <p>Schedule a check-up with your doctor or dentist</p> | <p>4</p> <p>Join the RAKtivist Facebook group & add kindness to your social feed</p>  | <p>5</p> <p>Donate stuffed animals to police / fire departments to give to scared kids during emergencies</p> | <p>6</p> <p>Treat yourself to lunch</p> | <p>7</p> <p>Send coloring books / crayons / markers to a children's hospital</p> |
| <p>8</p> <p>Surprise a neighbor with freshly baked cookies or treats</p> | <p>9</p> <p>Tape coins or hide small toys around a playground for kids to find</p>  | <p>10</p> <p>Decorate your neighborhood sidewalks with positive chalk art</p> | <p>11</p> <p>Put a surprise in a mailbox</p>  | <p>12</p> <p>Write a thank you note to one of your kind neighbors</p> | <p>13</p> <p>Pick up trash or litter around town</p>  | <p>14</p> <p>Wake up early to appreciate the sunrise</p>  |
| <p>15</p> <p>Share an inspiring quote or story with someone who motivates you</p> <p>Martin Luther King Day</p> | <p>16</p> <p>Write positive comments on a mirror with a dry erase marker</p> | <p>17</p> <p>Donate old towels or blankets to an animal shelter</p>  | <p>18</p> <p>Send a good morning text to someone</p> | <p>19</p> <p>If allowed, take your dog to a senior center, hospital, shelter or group home</p> | <p>20</p> <p>Volunteer for a local charity or donate to a fundraiser</p> <p>World Day of Social Justice</p> | <p>21</p> <p>Forgive someone and never bring up the issue again</p> |
| <p>22</p> <p>Host a Thank You breakfast for your school's teachers this week</p> | <p>23</p> <p>Take a moment to practice mindfulness</p> | <p>24</p> <p>Compliment the first three people you talk to today</p> <p>Compliment Day</p> | <p>25</p> <p>During the morning rush, give out hot chocolate or hold up signs spreading positivity</p> | <p>26</p> <p>Donate tissues or other items to a classroom</p>  | <p>27</p> <p>Write a letter to an elder telling them about yourself - include something to make them smile</p> | <p>28</p> <p>Make a playlist on Spotify for someone who is going through a tough time</p> |
| <p>29</p> <p>Do something that you love today</p>  | <p>30</p> <p>Sign up to read at your local children's hospital or senior center</p> | <p>31</p> <p>Shovel a neighbor's driveway or offer to help with yardwork</p> | | | | |

KIND ACTS COMPLETED: ____ / 31

pass it on



FEBRUARY 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1
Place scarves, hats & gloves around town



2
Offer to help with household chores

Groundhog Day

3
Gather friends to make enough cards to send to soldiers, seniors or kids

4
Go on a run or a bike ride



5
Text someone good night & that you hope they had a great day

6
Say thank you to a maintenance or cafeteria worker

7
Send a postcard to a friend you miss in a different part of the world

Send A Card To A Friend Day

8
Bring an extra snack to give away when you leave the house

9
Invite a group of people you know to the happiest of happy hours & spend 1 hour doing kind acts for others

10
Treat a friend to coffee, lunch or a friend date

11
Share an inspirational video to your social media page

RAK Week Begins!

12
Carry extra hand warmers to give out to someone who needs them

13
Write and post positive sticky notes around town

14
Make a handmade card for someone you love

Valentine's Day

15
Hold up inspiring signs in your local park to cheer on the runners

16
Leave a generous tip

17
Dedicate the next 24 hours to throwing kindness around like confetti

Random Acts of Kindness Day

18
Share a quote that inspires you on social media


19
Reflect on the kindness you spread during RAK Week

20
Buy a new toy for your pet to enjoy or give them a special treat

Love Your Pet Day

21
Start your day with gratitude and write a gratitude list

22
Send flowers to a friend or family member



23
Praise a local business online by writing a positive review

24
Create care packs to distribute to the homeless

25
Start growing your hair out to donate to Locks of Love

26
Send a handwritten letter to a friend you've lost touch with

27
Relay an overheard compliment to someone



28
Remind yourself that every single person is going through their own struggles

Random Acts of Kindness Week

KIND ACTS COMPLETED: ____ / 28

FEBRUARY 11 - 17, 2018

MARCH 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1
Place positive body image quotes in jean pockets at a store

2
Compliment a parent on their child's behavior

3
Leave unused coupons next to corresponding products in the store

4
Start planning a surprise birthday party for someone

5
Set a daily reminder to be kind on your phone




6
Do one kind thing for yourself every day for the rest of the week - write it down!

7
Spend the next 24 hours looking for as many kind moments as possible


8
Write a letter to a woman in your life that made a difference
International Women's Day

9
Smile at 10 strangers



10
Use cruelty-free products


11
Send anonymous flowers to a well-deserving mother



12
Write a recommendation on LinkedIn for someone




13
Surprise a coworker or friend with coffee or tea



14
Bake something with a friend or family member to give away
Pi Day


15
Run an errand for someone

16
Offer to babysit for a friend, neighbor or family member for free



17
Treat a friend to a drink or food
St. Patrick's Day

18
Write a list of all the things you love about someone and give it to them



19
Pay a toll for someone behind you


20
Do something that will make someone happy
International Day of Happiness

21
Share a kindness quote on social media



22
Donate clothing to a thrift shop

23
Hold doors open for others all day long



24
Tell someone they dropped a dollar (even though they didn't)

25
Paint inspiring words on rocks and hide them in your community

26
Send a positive text message to five different people right now

27
Make sure everyone in a group conversation feels included

28
When you hear that discouraging voice in your head, tell yourself something positive

29
Take a long walk outside



30
Encounter an employee that is especially kind? Take a minute to tell their manager

31
Leave a gift card or tape cash to a gas pump

KIND ACTS COMPLETED: ___ / 31

APRIL 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



2

Keep an umbrella at work or school to lend out when it's raining

3

Send an older relative a card just to let them know you're thinking about them

4

Buy coffee for someone behind you

5

Bring 2 lunches to school or work and give one away



6

Take your change to a Coinstar machine and donate your collection to charity



1

Hide Easter eggs with money or treats inside around your community

Easter

8

Do the dishes even if it isn't your turn

9

Write a positive comment on your favorite blog, video, or social media account

10

Send a gratitude email to a coworker who deserves more recognition

11

Leave a bucket of tennis balls at the local park with a sign for dogs to play with

National Pet Day

12

Give away something for free on Craig's List



13

Leave a kind server the biggest tip you can afford

14

Leave bags of quarters at the laundromat

15

Call your parents just to say how much you love them

16

When you're throwing something away, pick up nearby trash as well

17

Find opportunities to give compliments today



18

Send a thank you note to your local police or fire station

19

Buy reusable water bottles to give away



20

Offer a high five to anyone you see who might be having a bad day.

High Five Day

21

Return shopping carts for people at the grocery store



22

Put every piece of trash you see today in a garbage can

Earth Day

23

Take muffins or cookies to your local librarians

24

Leave a box of goodies in your mailbox for your mail carrier

25

Everyone is important - learn the names of your barista, security guards, and neighbors

26

Find a cheesy / fun gift at a souvenir shop to give to a friend

27

Put your phone away while in the company of others

28

Purchase extra dog or cat food and give it to your local animal shelter

29

Take a friend or family member on a spontaneous adventure

30

Surprise a teacher with a gift card, treat, or flowers



KIND ACTS COMPLETED: ____ / 30

Pay it forward

MAY 2018

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1
Practice self-kindness and spend 30min doing something creative or productive today

2
Write to or visit a former teacher that impacted you
Thank A Teacher Day

3
Put a plant in a pot that has positive words that describe a friend written on it & give it to them

4
Share a recipe you love with a friend via email or post on social media

5
Send a dessert to another family while out to eat
Cinco de Mayo

6
Carry a \$5 gift card with you to hand out to a random person



7
Write a letter of appreciation to a teacher or mentor in your life

8
Put treats or fun notes in your local school's teacher mailboxes

9
Bring flowers or coffee to a teacher

10
Donate to a classroom on DonorsChoose.org

11
Buy a bouquet of flowers and give them to women walking down the street

12
Host a clean up party at a beach or park

13
Give / send your mom a handmade card and flowers
Mother's Day



14
Leave a note on someone's car telling them how awesome they parked

15
Say hi to someone on an elevator or in a stairwell

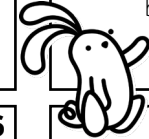
16
Offer to wash someone's car for free

17
Drink (at least) 8 cups of water today

18
Add an item to your shopping cart for someone in need

19
Treat yourself to a massage or other spa treatment

20
Help someone with their groceries or bags



21
Each day this week, think of a random person and send them a positive text message

22
Decorate tissue boxes to donate to the nurses station at your local hospital

23
Follow @RAKFoundation on Instagram to kindify your social media feed

24
Make a get well soon card for someone you know who is sick

25
Include someone new

26
Enjoy a popcorn and movie night with your friends or family

27
Acknowledge the cashier helping you and ask them a genuine question



28
Make more of an effort than usual to be cheerful today

29
Lend a helping hand in any way that you can

30
Find a new book to read

31
Start a "kindness file" on your computer to hold all your favorite kindness ideas



KIND ACTS COMPLETED: ____ / 31

JUNE 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY


SATURDAY

SUNDAY

4

Make a conscious effort to stay out of gossip today

5



Connect with a new group of people by joining a support group online

6



Research the scientific benefits of kindness

7

Spend 24hrs only speaking and thinking positive. Try your best to eliminate the negative

1

Put quarters in gumball/prize machines at the grocery store

International Children's Day

2

Find a local organization to donate to

3

Eat a healthy breakfast



11

Deliver balloons or treats to a children's hospital

12

Watch a video on random acts of kindness.org to lift your spirits

13

Invite a friend to go see a movie or out to dinner

14

Drop off a toy or game at a homeless shelter

8

Treat your friend to a lunch, movie, or day out

Best Friends Day

9


Spend time in nature by going on a hike or a walk through the park

10

Leave extra stamps at the stamp machine at your local post office

18

Give someone the benefit of the doubt by standing up for them



19



Make a list of your favorite random acts of kindness

20

Clean out your closet & give away clothing you don't need.


21

Write a letter of appreciation to one of your favorite musicians

World Music Day

15

Say no to peer pressure or encourage someone else to



16

Remember friends who lost their dad and reach out to them tomorrow

17

Give/send your dad a handmade card



Father's Day

25

Take care of the chores your partner hates

26



Sign up to run a 5k for a good cause.

27

Let someone merge in front of you in traffic

28

Pick flowers and give them to someone you love

22


Donate \$1 to the next tip jar you see

23

Give someone you love an unexpected hug

24

Help someone brainstorm for an upcoming project



29

Offer to take a picture of a couple / family at a touristy spot near you



30

Give an afternoon to a soup kitchen

KIND ACTS COMPLETED: ____ / 30

JULY 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

2

Tell someone you love them




3

Send care packages to soldiers overseas

4

Bring a treat to share with coworkers

5



Sprinkle milkweed seed in your yard to attract monarchs and other pollinators

6

Tell someone how they've impacted your life

7

Take time to listen to someone



1

Surprise an elderly neighbor with a home-cooked or baked item




8

Give a friend a movie or book they'd love


9

Hold the elevator for someone




10

Do a favor without asking for anything in return



11

Ride your bike or walk to work



12

Keep an extra pack of gum on hand to give the next person who asks for a piece

13

Do 13 acts of *Kindness* for Friday the 13th

14

Prepare a meal for a loved one

15

Leave an inspiring book for someone to find with a note that it's free for the taking

16

Donate needed items, such as toiletries, to a shelter

17

Hide money in random places for strangers to find

18

Create a "celebration list" and write down everything you've accomplished

19

Tell someone random that you love their outfit

20

Pay for a stranger's library fees

21

Give a stranger a lottery ticket

22

Make "kindness cards" with inspirational quotes to hand out to strangers

23

Practice empathy and put yourself in someone else's shoes

24

Tell someone how they've impacted your life

25

Say "thank you" as much as possible in a day

26

Pay for someone's dry cleaning



27

If someone compliments your jewelry, spontaneously give it to them

28

Put a bird feeder in your yard



29

Hide money in random places for strangers to find



30

Reconnect with an old friend on social media




International Day of Friendship

31

Purchase something from a local business

KIND ACTS COMPLETED: ___ / 31

AUGUST 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

| | | | | | | |
|---|--|---|--|---|--|---|
| | | <p>1</p> <p>Thank your parents for everything they've done for you</p> <p>Respect For Parents Day</p> | <p>2</p> <p>Bring treats to the dog park</p>  | <p>3</p> <p>Pay for someone's lunch</p> | <p>4</p> <p>Buy produce at your local farmer's market</p>  | <p>5</p> <p>Have a meal with someone new</p>  |
| <p>6</p> <p>Plant something</p> | <p>7</p> <p>Give food or water to someone in need</p>  | <p>8</p> <p>Give a social shoutout to someone who as inspired you</p> | <p>9</p> <p>Walk dogs at an animal shelter</p> | <p>10</p> <p>Do something kind for a stranger</p> | <p>11</p> <p>Make an effort to appreciate the sunset from a good viewpoint</p> | <p>12</p> <p>Tell someone they're "glowing" or look very happy and healthy</p> |
| <p>13</p> <p>Carpool or take public transit to work or school today</p> | <p>14</p> <p>Be the reason someone smiles today</p> | <p>15</p> <p>Put a dollar and kind message in a book for someone to find</p> | <p>16</p> <p>Give a gift for no reason</p>  | <p>17</p> <p>Keep an extra pen or pencil on hand to give to someone who needs it</p> | <p>18</p> <p>Ding dong ditch someone and leave them a care package</p> | <p>19</p> <p>Create an "essentials" bag and give to someone in need.</p> |
| <p>20</p> <p>Brighten someone's day with a joke</p> <p>Hi! <i>Ha!</i></p> | <p>21</p> <p>Find one way to be more involved in your community</p> | <p>22</p> <p>Walk more, drive less</p> | <p>23</p> <p>Keep an chapstick on hand to give the next person who asks for it</p> | <p>24</p> <p>Thank a friend for always being there</p>  | <p>25</p> <p>Drop quarters on the ground for people to find</p> | <p>26</p> <p>Tell your parents you love them</p> |
| <p>27</p> <p>Find one new way to get involved with your community</p> | <p>28</p> <p>Let a friend who is going through an emotional time vent</p>  | <p>29</p> <p>Take someone new in your neighborhood on a tour of the city</p> | <p>30</p> <p>Offer to wash someone's car for free</p> | <p>31</p> <p>Donate a backpack (or a few!) full of school supplies to an underprivileged school</p> | | |

KIND ACTS COMPLETED: ____ / 31

Be The Spark

SEPTEMBER 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY


SUNDAY

3
Treat yourself to a relaxing 30 minutes

Labor Day

4
Ask a stranger how his or her day is going

5
Call your grandparents or relatives



6
Don't interrupt while someone is talking

7
Pick up litter at your favorite local park




1
Send an encouraging text to your [textdoor] neighbor




2
Write an entry in your journal about how awesome you are

10
Help someone make a plan for his or her future



11
Connect with someone from another background



12
Send an encouraging email to a friend or coworker

Day of Encouragement

13
Buy the meal for the person behind you in line

14
Get to know your neighbors



8
Take the time to prepare your favorite meal from scratch




9
Learn how to say *Hello* in 10 different languages

15
Volunteer to take pictures of animals that need to be adopted at a shelter

16
Ask for the recipe of a meal you love from someone who has cooked for you

17
Leave a kind note for a family member for their week ahead



18
Buy a bouquet of flowers and hand it to the cashier

19
Think of someone who has inspired you and tell them

20
Wave at drivers that let others merge and drive the speed limit

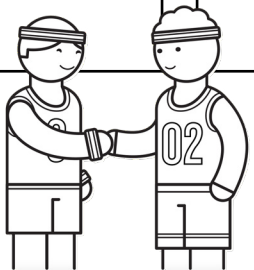
21
Spend 15 minutes in reflection and mindfulness.

International Day of Peace

22
Find a weekend event to attend that supports local community

23
Keep an extra chapstick on hand to give to someone who asks


24
Reach out to a former or current teammate



25
Use less plastic and be more conscious about reusing products

26
Run out on trash day with a surprise for your garbage collectors

27
Donate toiletries to a women/men's shelter



28
Surprise a neighbor with treats or a gift to a movie theater

Good Neighbor Day

29
Hide dollars in the dollar store












30
Apologize to someone you've had past conflict with

YOUR NUMBER NEIGHBOR:
Someone with your same phone number but one digit above or below

KIND ACTS COMPLETED: ____ / 30

OCTOBER 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|---|---|--|---|
| <p>1</p> <p>Celebrate meatless Monday</p> <p>World Vegetarian Day</p> | <p>2</p> <p>Learn something new about the environment</p> <p>World Habitat Day</p> | <p>3</p> <p>Send encouragement to someone who has lost a loved one</p> | <p>4</p> <p>"Adopt" a whale, tiger, lion or other animal online</p> <p>World Animal Day</p> | <p>5</p> <p>Reflect on all the ways teachers have helped you or made your life better</p> <p>World Teachers Day</p> | <p>6</p> <p>Smile at everyone you see today</p> <p>World Smile Day</p>  | <p>7</p> <p>Become a literacy tutor at your local public school</p> |
| <p>8</p> <p>Say "Good Morning" to everyone you see before noon</p>  | <p>9</p> <p>Have a charity day at work</p> | <p>10</p> <p>Start an anonymous compliment jar at your school or office</p>  | <p>11</p> <p>Research International Day of the Girl & decide how you want to contribute.</p> <p>Day of the Girl</p> | <p>12</p> <p>Drop off bus ticket vouchers at a homeless shelter</p> | <p>13</p> <p>Start a piggy bank for a cause</p>  | <p>14</p> <p>Hide a nice note in a book your friend or family member is reading</p> |
| <p>15</p> <p>Make someone laugh by telling them a corny joke</p> | <p>16</p> <p>Write a note of recommendation for an employee</p> | <p>17</p> <p>Join the bone marrow registry... you never know when an opportunity to save a life will arise!</p> | <p>18</p> <p>Pick up debris along a road or path</p>  | <p>19</p> <p>Give up your seat on public transit to a mother or elderly person</p> | <p>20</p> <p>Donate new or lightly used craft items to the Ronald McDonald House</p> | <p>21</p> <p>When others are gossiping, be the one to chime in with something nice</p> |
| <p>22</p> <p>Organize your desk</p>  | <p>23</p> <p>Donate work clothes to a homeless or domestic abuse shelter</p> | <p>24</p> <p>Send a surprise book to someone through an online retailer</p> | <p>25</p> <p>Write a letter to someone who made a difference in your life</p> | <p>26</p> <p>Surprise someone with their favorite hot drink</p> | <p>27</p> <p>Bring flowers to your local senior home</p> | <p>28</p> <p>Make / sew catnip toys to donate to your local animal shelter</p>  |
| <p>29</p> <p>Mentor someone</p>  | <p>30</p> <p>Say thank you to someone with a hard job that not many people thank</p> | <p>31</p> <p>Create a "dress up" box for a kid from old Halloween costumes</p> <p>Halloween</p>  | <p>KIND ACTS COMPLETED: ____ / 31</p> | | | |

NOVEMBER 2018

MONDAY

TUESDAY

WEDNESDAY




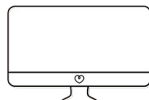



THURSDAY

FRIDAY

SATURDAY

SUNDAY

Gratitude

| | | | | | | |
|--|--|--|--|---|--|--|
| <p>5</p> <p>Tell 3 people why you're grateful for them</p> | <p>6</p> <p>Spend a day saying only nice things about other people</p> | <p>7</p> <p>Leave a reusable bag in a shopping cart with a note that it's free for the taking</p> | <p>1</p> <p>Start a gratitude journal for the entire month of November</p> | <p>2</p> <p>Write down 10 things you are grateful for right now</p> | <p>3</p> <p>Do something (anything!) outside</p>  | <p>4</p> <p>Slip a \$10 bill into a box of diapers</p> |
| <p>12</p> <p>Ask someone how they are and really listen to the answer</p>  | <p>13</p> <p>Be loud with your kindness today and go wild!</p> <p>World Kindness Day</p>  | <p>14</p> <p>Be kind online</p>  | <p>8</p> <p>Cover for a coworker so they can leave early</p>  | <p>9</p> <p>Offer to babysit or pet sit for someone for free</p> | <p>10</p> <p>Volunteer at an animal shelter, soup kitchen, or nursing home</p> | <p>11</p> <p>When you write on a piece of paper, use all of it</p> |
| <p>19</p> <p>Try to find the goodness in someone you don't like</p> | <p>20</p> <p>Donate canned goods to the food drive at your local grocery store</p> | <p>21</p> <p>Say hello to a stranger & genuinely ask how they are</p> <p>World Hello Day</p> | <p>15</p> <p>Befriend a lonely person</p> | <p>16</p> <p>Give warm clothes, boots, coats to the homeless</p>  | <p>17</p> <p>Donate old books to a school in need</p> <p>Students Day</p> | <p>18</p> <p>Text three people right now telling them why you're grateful for them</p> |
| <p>26</p> <p>Roll your neighbor's bins out on trash day</p>  | <p>27</p> <p>Volunteer your time or donate to a cause you care about</p> <p>Giving Tuesday</p> | <p>28</p> <p>Leave quarters in a vending machine for someone to enjoy a free snack</p> | <p>22</p> <p>Write about gratitude in your journal for 20mins</p> <p>Thanksgiving</p> | <p>23</p> <p>Tell your best friend or partner that you love them</p> | <p>24</p> <p>Be kind to yourself today (and everyday)</p>  | <p>25</p> <p>Put a bouquet of flowers in a vase and donate it to the nurse's station at your local hospital</p> |

KIND ACTS COMPLETED: ___ / 30

DECEMBER 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

SATURDAY

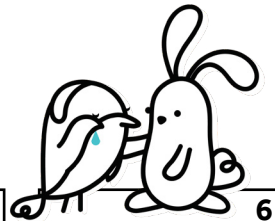
SUNDAY

3
Put stray grocery carts back where they belong

4
Call a loved one you haven't spoken to in a while



5
Shovel a neighbor's driveway or be kind to your neighbors



6
Confide in someone you know cares about you

7
Donate your sick/vacation days to a coworker who is struggling

1
Find a local cause to donate to for the holidays



2
Spread the word about your favorite local business

Hanukkah Begins


10
Set up Amazon Smile and choose your favorite nonprofit to donate to

11
Thank your coworkers for doing a good job

12
Make an effort to not complain about anything today

13
Keep extra hand warmers on hand for someone in need


14
Tell your partner what a good hair/body/face day they're having



15
Let the person who seems rushed go in front of you


16
Return your shopping cart to its rightful place

17
Recognize the good in others



18
Adopt an animal from your animal shelter or sponsor an animal online

19
Be on time, don't leave others waiting for you



20
Genuinely compliment a family member or friend

21
Make someone a homemade blanket or scarf

22
Be understanding of traveling parents with grumpy kids

23
Forgive the person you still hold a grudge against

24
Put candy canes on car doors in a parking lot



25
Contact someone you know who may be alone today

Christmas Day

26
Compliment a neighbor's home / holiday decorations




27
Give someone a gift card that you don't intend to use

28
Pledge to become an organ / tissue donor next time you renew your ID

29
Create a random acts of kindness bucket list for next year

30
Write a note to someone who impacted your year for the better



31
Start a kindness memory jar to document your favorite moments in 2019!

New Year's Eve

KIND ACTS COMPLETED: ___ / 31