



TEAM

add your team name

'S WALK DAY PLANNER

Create a National Walk Day that's unique to you and your team! Fill in the blanks below to develop your personalized Walk Day Plan!

DATE: National Walk Day, September 25th or

add the date of your choosing

TIME: _____ and remember to join us LIVE at 4:00 p.m. CT on **Facebook** or **Youtube**!
time

LOCATION: _____

add the location of your walk

Pro tip: Plan your route ahead of time using free tools such as **MapMyRun** and **Strava**.

WALK DAY SCHEDULE Here you can include an outline of your walk day based on the activities you are planning to include. A sample is provided below:

9:00 a.m: Team members arrive at park
9:10 a.m: Short speaking program: thank team members + donors for their support
9:15 a.m: Walk starts
10:00 a.m: Arrive back at the walk-site for donuts and photos!

TIME ACTIVITY

WALK DAY ACTIVITIES

Circle the activities your team plans to complete.

Submit photos and videos from our walk to
pffwalk@pulmonaryfibrosis.org

Check out the National Walk Day email series for exclusive messages from community members and surprise guests

Tune into the PFF **social media channels** for LIVE updates from community members

#BlueUp with decorations, apparel, treats, and more

Bring snacks or have a picnic

Wear custom team t-shirts

Post photos from our Walk on social media and using the hashtag #PFFWalk

Listen to the National Walk Day Playlist

Join the National Walk Day live stream event on **Facebook** and **YouTube** at 4:00 p.m. CT

Other _____
add the activity of your choice

Other _____
add the activity of your choice

Need help completing your Walk Day Planner or have questions about any Walk Day activities? Connect with a member of our team at pffwalk@pulmonaryfibrosis.org or **855.925.5733**.