


#IGWalkForAlz Challenge Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Take a 15-minute walk today.	2. Ask a friend or family member to join you in the #IGWalkForAlz	3. Follow your local Alzheimer Society Instagram page!	4. Make a self-donation on your Walk page.	5. Share your fundraising & step progress on social media!	6. Take a break in-between meetings and get 2,000 steps in.	7. Go outside for a 30 min walk!
8. Send an email to 10 people asking for a donation.	9. Go outside for a walk!	10. Ask 3 people to make a \$15 donation.	11. Share your progress on social media using #IGWalkForAlz 	12. Take a 30 min walk.	13. How far can you walk today? Challenge yourself.	14. Get creative! How many steps can you take at home?
15. Ask people to join your #IGWalkForAlz team!	16. Get one donation today!	17. Go outside for a 15-minute walk today.	18. Take a morning walk!	19. Share why you're participating in this year's #IGWalkForAlz on social media!	20. Challenge yourself to walk 10,000 steps today!	21. Get a \$20 donation today!
22. One week away from final walk weekend! Prepare by going for an hour walk today.	23. Post your walking shoes on social + tag a friend and challenge them to walk 2,000 steps today!	24. Share your progress with #IGWalkForAlz today!	25. Follow-up on donations... every bit counts!	26. Take a selfie while on your walk today and post it on social using #IGWalkForAlz	27. It's almost walk weekend! Find out what your community is doing today by visiting walkforalzheimers.ca .	28. FINAL WEEKEND. Get those steps and dollars in!
29. FINAL WEEKEND. Get those steps and dollars in!	30. Celebrate the success of an active, successful fundraising campaign!	31. 