



# #IGWalkForAlz Challenge Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1.</b> Enjoy a springtime stroll at Lions Park (Dunnville, 2pm) to start your Step Challenge.	<b>2.</b> Ask a friend or family member to join you in the #IGWalkForAlz	<b>3.</b> Follow your local Alzheimer Society Instagram page!	<b>4.</b> Make a self-donation on your Walk page.	<b>5.</b> Share your fundraising & step progress on social media!	<b>6.</b> Go outside for a 30 min walk!	<b>7.</b> Take a break in-between meetings and get 2,000 steps in.
<b>8.</b> Send an email to 10 people asking for a donation.	<b>9.</b> Go outside for a walk!	<b>10.</b> Ask 3 people to make a \$15 donation.	<b>11.</b> Share your progress on social media using #IGWalkForAlz 	<b>12.</b> Take a 30 min walk.	<b>13.</b> How far can you walk today? Challenge yourself.	<b>14.</b> Get creative! How many steps can you take at home?
<b>15.</b> Ask people to join your #IGWalkForAlz team!	<b>16.</b> Get one donation today!	<b>17.</b> Go outside for a 15-minute walk today.	<b>18.</b> Take a morning walk!	<b>19.</b> Share why you're participating in this year's #IGWalkForAlz on social media!	<b>20.</b> Challenge yourself to walk 10,000 steps today!	<b>21.</b> Get a \$20 donation today!
<b>22.</b> One week away from final walk weekend! Prepare by going for an hour walk today.	<b>23.</b> Post your walking shoes on social + tag a friend and challenge them to walk 2,000 steps today!	<b>24.</b> Share your progress with #IGWalkForAlz today!	<b>25.</b> Follow-up on donations... every bit counts!	<b>26.</b> Take a selfie while on your walk today and post it on social using #IGWalkForAlz	<b>27.</b> It's almost walk weekend! Find out what your community is doing today by visiting <a href="http://walkforalzheimers.ca">walkforalzheimers.ca</a> .	<b>28.</b> TODAY'S THE DAY! In-person events in Brantford, Jarvis, Hamilton & Oakville.
<b>29.</b> Celebrate your Step Challenge success. Share on social media, #IGWalkForAlz	<b>30.</b> Your fundraising challenge is complete; Way to go!	<b>31.</b> 				

Société Alzheimer Society

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HAMILTON HALTON

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Alzheimer Society