



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.

Team _____ 's PFF Walk Day Planner
(add your team name)

Date: National Walk Day (September 24) or _____
(add the date of your choosing)

Time: _____
(time)

Location: _____
(add the location of your Walk)

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

PFF 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 refreshments and photos!

Time	Activity

PFF Walk Day Activities

Check the activities your team plans to complete.

Submit photos and videos from your 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

#BlueUp4PF with treats, apparel, decorations, and more

Other

(add the activity of your choice)

Bring snacks or have a picnic

Wear custom team t-shirts

Post photos from your Walk on social media and use the hashtag #PFFWalk

Listen to the National Walk Day Playlist

Take a selfie with the **PFF Walk selfie sign**

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**.