

# 2021 West Tennessee

# KIDNEY WALK

National Kidney Foundation

Let's have the Best Kidney Walk Yet!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				September 9 Set your activity goal!	10 Send emails to 10 friends and family.	11 Take some steps towards your goal.
12 Print Flat Sidney and take him on adventures!	13 Connect your fundraiser to Facebook!	14 Update your personal page with your progress.	15	16 Have you gotten out to walk today?	17 Ask 5 neighbors to support your efforts.	18
19	20	21 Ask your employer to match your contribution.	22 Halfway there! Try to get 10,000 steps today!	23 FREE DAY!	24 Make another post to your page!	25
26	27 Walk this way...track your steps.	28	29 Share a video of your progress!	30 <b>Join the Scavenger Hunt tonight!</b>	October 1	2 Remind friends and family to donate.
3	4 Apply for your matching gift today!	5 <b>Join us for Zoom Trivia Night!</b>	6 FREE DAY!	7 Have you reached your step goal?	8	9 One Week Countdown to walk...send a reminder today!
10	11 Get your walk plan together for Saturday!	12	13 Send another reminder email to friends and family.	14	15 Push a reminder out on Facebook!	16 KIDNEY WALK! Tune into the Livestream!

Questions - Contact Mable Barringer, 901-683-6185 ext; 681 or [mable.barringer@kidney.org](mailto:mable.barringer@kidney.org)