

**PLEASE REMOVE THIS PAGE BEFORE SHARING WITH YOUR WALKERS!!!!**

**Remember to save as a PDF!**

**Getting Started:**

- This calendar is formatted to cover the 37-day period prior to your specific walk day with a goal of getting your walkers (regardless of how they are participating) **moving before walk-day!**
- It is laid out and can be used as is. **Not changes necessary.**
- If you want to make changes, feel free to do that to align with any step goals you might be planning in your local market.
  - o If updating, plan out your calendar **at least 2 months** prior to your event date.
- **Remember to**
  - o Add your event name
  - o Add your contact information at the bottom

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# South Carolina Kidney Walk

## A 37-Mile Challenge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				September 29 Set your activity goal!	30 <b>Fundraise Friday!</b> Start your Facebook Fundraiser!	October 1 <b>Treat yourself:</b> Take a stroll to an ice cream shop!
2 Print Flat Sidney and take him on adventures!	3 <b>Move it Monday!</b> Jump start that fundraising and make your own donation.	4 Share about your recent adventures on your page and/or social media.	5 <b>Walking Wednesday!</b> Take a walk and talk meeting.	6 Celebrate and add someone to your team.	7 <b>Fundraise Friday!</b> Ask 5 neighbors to support your efforts.	8 Take a Nature Walk.
9 Post an ask of \$33 in honor of the 33% at risk for kidney disease.	10 <b>Move it Monday!</b> Run as far as you can!	11 <b>Two mile Tuesday!</b> Can you do it?! It's only 4,000 steps.	12 <b>Walking Wednesday!</b> Challenge yourself to 3,700 steps before lunch.	13 Walk 10,000 steps today!	14 <b>Fundraise Friday!</b> Ask your employer to match your contribution.	15 Talk to someone about kidney health or organ donation.
16 <b>Double your miles day!</b> Add the number of miles you've logged so far on your page!	17 <b>Move it Monday!</b> Walk this way...track your steps today.	18 <b>Taco Tuesday!</b> Make "walking tacos" then head out for a stroll after dinner.	19 <b>Walking Wednesday!</b> Try a new path today on your stroll.	20 Share a selfie on your social media accounts.	21 <b>Fundraise Friday!</b> Remind friends and family to donate.	22 Take a walk in a different town.
23 Walk one mile or 2,000 steps!	24 <b>Move it Monday!</b> Take a walk and talk meeting.	25 \$37 for the 37 million Americans living with kidney disease...see who will done this today	26 <b>Walking Wednesday!</b> Walk a mile in honor of someone special.	27 Share a Throwback Team Photo Collage	28 <b>Fundraise Friday!</b> Ask 10 people for \$10.	29 One Week Countdown to walk...send a reminder today!
31 Add your dog's steps to your total today!	31 <b>Move it Monday!</b> Challenge a friend to the most steps today!	November 1 Get your walk plan together for Saturday!	2 <b>Walking Wednesday!</b> Call your bestie and go for a walk while you talk!	3 Three-mile Thursday! Add 6,000 steps to your total by hitting this goal!	4 <b>Fundraise Friday!</b> Push a reminder out on Facebook!	5 <b>CONGRATULATIONS!</b> You did it! Celebrate by tuning into our awards ceremony!

Questions? Contact Blakely Chikhliker

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