

# 2022 Northern California

Walk Day: September 18th @ Embarcadero Plaza, SF



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					August 12 Update your <a href="#">Walk page</a> with your personal story about why you walk	13 Record a 10-30 second video about why you walk & <a href="#">submit to NKF</a>
14 <a href="#">Link your Kidney Walk page</a> to a Facebook Fundraiser	15 <b>Get Moving!</b> Go to the Kidney Walk app & set your activity goal	16 <b>Fast Fact Fundraise!</b> Share a kidney fact on social media – don't forget to link to your team page!	17 Log into your Walk Dashboard and make a self-donation	18 Ask your friends and family to match your self-donation	19 <b>Contest Corner!</b> 30 days to go! Every \$30 raised is an entry (8/19-8/21) <a href="#">More details here</a>	20 <b>Get moving!</b> Take some steps towards your activity goal
21 <b>Double your miles day!</b> Add the number of miles you've logged so far on your page!	22 <b>Fast Fact Fundraise!</b> Share a kidney fact on social media – don't forget to link to your team page!	23 <b>#TeamTuesday</b> Brainstorm with your team on fundraising ideas: bake sale, garage sale, or movie night	24 <b>#WalkTalk Wednesday</b> Q&A @ 5pm <a href="#">Calendar invite here</a>	25 <b>Get Moving!</b> Take a walk and talk meeting!	26 <b>Contest Corner!</b> Raise \$100 by the end of the day to earn your Kidney Walk shirt! <a href="#">More details here</a>	27 <b>Fast Fact Fundraise!</b> Share a kidney fact on social media – don't forget to link to your team page!
28 Host a Kidney Healthy Brunch. Educate those unaware how restrictive the kidney/dialysis diet can be.	29 Ask your employer to match your self-donation	30 <b>Halfway there!!!!</b> Try to get 10,000 steps today!!	31 <b>#WalkTalk Wednesday</b> Q&A @ 12pm <a href="#">Calendar invite here</a>	September 1 <b>#ThankYouThursday</b> Thank your donors and update them on your progress.	2 <b>Contest Corner!</b> Raise the most money & win! (9/2-9/8) <a href="#">More details here</a>	3 <b>Get Moving!</b> <a href="#">Print Flat Sidney</a> and take him on adventures this weekend!
4 <b>Fast Fact Fundraise!</b> Share a kidney fact on social media – don't forget to link to your team page!	5 <b>Labor Day</b> Celebrate with those you love!	6 <b>#Team Tuesday</b> Celebrate and add someone to your team.	7 <b>Fast Fact Fundraise!</b> Share a kidney fact on social media – don't forget to link to your team page!	8 <b>#TBT</b> – Post your favorite walk photo/experience	9 <b>Contest Corner!</b> Top 5 teams on 9/15 @ 12PM get a team tent! <a href="#">More details here</a>	10 Post a photo of who you walk in honor of
11 One Week Countdown to walk...send a reminder today!	12 <b>Fast Fact Fundraise!</b> Share a kidney fact on social media – don't forget to link to your team page!	13 Get your walk plan together for Saturday!	14 <b>#WalkTalk Wednesday</b> Get some last-minute tips! Q&A @ 5PM <a href="#">Calendar invite here</a>	15 <a href="#">Send another reminder email</a> to friends and family	16 Push a reminder out on Facebook!	17 Get a good night's rest!
18 <b>KIDNEY WALK!</b> Registrations opens at 9AM					Inspiration brought to you by National Sponsor	

Questions?  
Need help getting started?  
Want to say hi?

Contact Joe Grubbs: [joe.grubbs@kidney.org](mailto:joe.grubbs@kidney.org)  
or 818.783.8153 x542

Don't forget to tag us in your social media postings!!  
Facebook/Twitter: [@NKFNorthernCA](#)  
Instagram: [@KidneyNCA](#)  
[#KidneyWalk](#)

