

# 2022 Wichita Kidney Walk

October 9<sup>th</sup> at Chicken N Pickle in Wichita, KS



National Kidney Foundation

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

Don't forget to tag us in your social media postings!!

Twitter / Instagram: @nkf\_ksmo  
 Facebook: @nkfservingmoks  
 #KIDNEYWALK



Questions? Just want to Chat?

Contact Ashley Hunt at: [ashley.hunt@kidney.org](mailto:ashley.hunt@kidney.org)

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