# 2022 Wichita Kidney Walk

October 9th at Chicken N Pickle in Wichita, KS

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

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

Twitter / Instagram: @nkf_ksma
Facebook: @nkfservingmoks

Questions? Just want to Chat?
Contact Ashley Hunt at: ashley.hunt@kidney.org
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