




**Parkinson's
Foundation**

31-MILE DOG WALK

CHALLENGE

Daily Mile Goal:

Fundraising Goal:

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	 <p>Use this daily tracker to log your miles. Have questions about exercise and PD? Call our Helpline 1800-4PD-INFO.</p>			
		Trick or Treat!				