

May Step Challenge



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | | | | | | 1. Take a 25 minute walk today! |
| 2. Ask a friend or family member to join you in the Walk for Alzheimer's. | 3. Follow your local Alzheimer Society Instagram page! | 4. If you haven't already, make a self-donation on your Walk page. | 5. Post on social media and share your participation—ask people to join your team | 6. Go outside for a 30 min walk! | 7. Take a break in between meetings and get 2000 steps in. | 8. Send an email to 10 people asking for a donation |
| 9. Week one of the challenge is over! Let's celebrate with a walk! | 10. Ask 3 people to make a \$15 donation | 11. Share your progress on social media using our hashtag #alzstepchallenge | 12. Take a 30 min walk | 13. How far can you go today? Challenge yourself | 14. Get creative! How many steps can you do in-home! | 15. Share how many steps you've taken so far and ask people to join your team |
| 16. Get one donation today! | 17. Week two is over! Congrats—celebrate with a 15 minute walk outside | 18. Take a walk in the morning. | 19. Head to social and share why you're participating in this year's walk! | 20. How many steps can you take today? Challenge yourself and see if you can reach 10k. | 21. Can you get a \$20 donation today? Why not send an email to your friends and family and find out! | 22. Less than 10 days to go until the big celebration video, prepare by going for an hour walk today. |
| 23. Post your walking shoes on social + tag a friend and challenge them to walk 2,000 steps today. | 24. Make time to share your progress. Use #alzstepchallenge to share your step count! | 25. Follow-up on donations...every bit counts! | 26. Find a new route to explore and go for an hour walk | 27. Take a selfie while on your walk today and post it on social using the hashtag #igwalkforalz | 28. Two days left to reach your step goal! Get walking! | 29. Ask 5 people to make a \$10 donation! |

30.
Watch the celebration video and go for your biggest walk yet. When you're finished, add up how many steps you did this month and share it online using #igwalkforalz

31.

