

Move for Nurses

Complete 25 minutes of physical activity per day throughout July to support the Parkinson's UK Nurse Appeal. Together, we can fund great care, everywhere.

Use this tracker to log your minutes of activity and see how well you're doing.

Start July	1	2	3	4	5	6
7	8	9	10	10 days completed. You're doing amazing!	11	
12	13	14	15	Halfway there!	16	
17	18	19	20	Thank you for helping fund specialist care for people with Parkinson's.	21	
22	23	24	25	26	27	28
	29	30	31	You did it!		

