

# Walk for Parkinson's

## 100 mile challenge

Use this tracker to log your walks  
and see how well you're doing.

				<b>Start</b>	1		
	2	3	4	5	6	7	
8	Remember to upload a photo and write a post on your fundraising page to tell people why you're taking part.			9	10	11	12
13	14	15	16	17	Keep going! Have you raised £100 to receive a medal at the end of the challenge?		18
19	20	21	22	23	24	25	26
	27	Thank you for joining in. Together, we can fund great care everywhere for people with Parkinson's.			28	29	30
		31		<b>You did it!</b>			



Share your photos with  
**#WalkforParkinsons**