

SIT 'N STAND CHALLENGE

Name:

City:

Goal:

SUN

MON

TUE

WED

THU

FRI

SAT

KEEP TRACK OF YOUR SIT 'N STANDS

Help us reach our goal of 500,000

			1	2	3	4
5	6	7	8	9	10	PARKINSON AWARENESS DAY 11
12	13	14	HALFWAY THERE! 15	16	17	18
19	20	21	22	23	LUNCH & LEARN 24	25
26	27	28	29	30	TOTAL # OF SIT 'N STANDS	

STAND UP TO PARKINSON'S EVENTS - EDMONTON & CALGARY

Parkinson Awareness Day - April 11th, we are determined to complete 25,000 Sit 'n Stands! Join us for free coffee and baked goods, appearances from local community leaders, fitness demonstrations and to participate LIVE in the sit 'n stand challenge!



I pledge: \$ ¢ for every Sit 'n Stand

Log your Sit 'n Stand totals online at parkinsonassociation.ca. You can enter them daily throughout the month or submit all at once at the end.