"LET'S WALK"

POLISH FALCONS OF AMERICA

WALKING PROGRAM

MILEAGE RECORD

INSTRUCTIONS

Keep track of your mileage by recording the miles walked in this Record. Record your mileage weekly. In December of the year, return the completed Record to the Nest Vice President, who in turn will approve your award and send the Record to PFA National Headquarters. The Award will be sent to your Nest and given to you at a Nest function. Please note: No awards will be issued directly to an individual. All awards must be processed through the Nest Vice President.

Patches will be awarded at 1,000 mile increments from 6,000 miles to 20,000 miles.

REQUIREMENT

Must be a benefit (insured) member of the Polish Falcons of America. All ages and abilities may participate in this program.

FREQUENCY OF AWARDS

Award Level will be determined by the total mileage walked each year. The mileage is cumulative and does not have to be earned in consecutive years.

REMINDER

Consult a physician prior to participating in this program.

I wish to be considered for an award for the year _____.

NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____ ZIP: _____

BIRTHDATE: _____

NEST # _____ DISTRICT _____

DATE: _____

I have completed the requirements for the mile award (circle one):

100	250	500	750
1,000	2,000	3,000	4,000
5,000	6,000	7,000	8,000
9,000	10,000	11,000	12,000
13,000	14,000	15,000	16,000
17,000	18,000	19,000	20,000

DATE	LOCATION	DISTANCE

SUBTOTAL _____

DATE	LOCATION	DISTANCE

SUBTOTAL _____

DATE	LOCATION	DISTANCE

SUBTOTAL _____

DATE	LOCATION	DISTANCE

SUBTOTAL _____