



Polish Falcons of America
Let's Walk Program
2024 "Walk Around the PFA"

Record your miles walked each month using the reverse side of this sheet.
Mail a copy of your completed record sheet to your Nest Vice President by **Feb. 1, 2025**.
Your Nest Vice President will forward your sheet to National Headquarters.
Your award will be sent from Headquarters to your Nest for presentation.

You must be a PFA Member in good standing to participate in the Let's Walk Program.

If you are unable to get your form to your Nest Vice President, please mail it to:
Polish Falcons of America - Let's Walk, C/O Christine Puskar
1016 Greentree Rd., Suite 201
Pittsburgh, PA 15220

Your award will be mailed to your provided address.

Member Name:

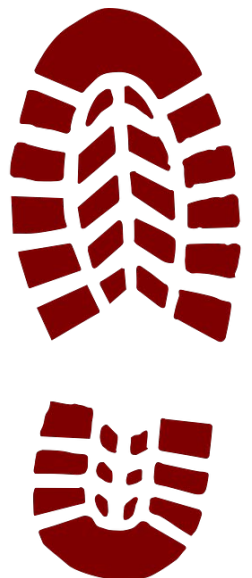
Nest #: T-Shirt Size:

Address:

Phone:

Email:

Nest Vice President Name:



2024 Miles

Prizes are awarded according to the number of miles walked, and records are kept so that year after year your miles add up for more prizes! Have a question? Email Chris at cpuskar@polishfalcons.org.

January: _____ miles

February: _____ miles

March: _____ miles

April: _____ miles

May: _____ miles

June: _____ miles

July: _____ miles

August: _____ miles

September: _____ miles

October: _____ miles

November: _____ miles

December: _____ miles

Grand Total: _____ miles in 2024!



Daily Water Tracker

Circle a jar for each glass of water you drink. Finish the week with all of the jars circled!

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday

