SEPTEMBER 10-13

UNITED.

TOGETHER.

POWERFUL.

THURSDAY

1
MONTH TO GO!
REGISTER NOW & SHARE WHY YOU WALK TO END LUPUS

FRIDAY

11

#FACTFRIDAY: SHARE A LUPUS FACT

SATURDAY

12

CREATE A FACEBOOK FUNDRAISER

SUNDAY

13

VISIT THE NATIONAL LUPUS RESOURCE CENTER

IMPORTANT DATES

WALK SHIRT - 9/15
NAME ON WALK SHIRT - 9/15
TEAM SPIRIT BOX & TRAILBLAZER MEDAL - 9/30
COURSE SIGN - 10/9

“I don’t want my pain and struggle to make me a victim. I want my battle to make me someone else’s hero.” – Unknown
**SEPTMBER 14-20**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tr>
<td><strong>SHARE WALK INCENTIVES WITH YOUR TEAM TO ENCOURAGE THEM TO HIT THEIR GOALS</strong></td>
<td><strong>IT'S NATIONAL ONLINE LEARNING DAY! REGISTER TODAY: DEPRESSION &amp; LUPUS FOG PEDIATRIC LUPUS</strong></td>
<td><strong>UNITED CHALLENGE: ASK 10 PEOPLE FROM 10 DIFFERENT STATES TO DONATE</strong></td>
<td><strong>KEEP SHARING YOUR WALK PAGE TO YOUR SOCIAL MEDIA PAGES AND TEXT IT TO FRIENDS/FAMILY</strong></td>
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<tr>
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<tr>
<td><strong>WHY I WALK: SHARE A PICTURE USING OUR PRINTABLE WHY I WALK SIGN</strong></td>
<td><strong>HOST A FUN VIRTUAL FUNDRAISER (CHECK OUT THESE IDEAS!)</strong></td>
<td><strong>REGISTER FOR THE LIVING WELL WITH LUPUS SEMINAR ON OCTOBER 3</strong></td>
<td><strong>WALK SHIRT - 9/15</strong>&lt;br&gt;<strong>NAME ON WALK SHIRT - 9/15</strong>&lt;br&gt;<strong>TEAM SPIRIT BOX &amp; TRAILBLAZER MEDAL - 9/30</strong>&lt;br&gt;<strong>COURSE SIGN - 10/9</strong></td>
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“Sometimes the smallest step in the right direction ends up being the biggest step of your life. Tip toe if you must, but take a step.” – Naeem Callaway
### SEPTEMBER 21-27

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<tr>
<th>MONDAY 21</th>
<th>TUESDAY 22</th>
<th>WEDNESDAY 23</th>
<th>THURSDAY 24</th>
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<tbody>
<tr>
<td><strong>SIGN UP FOR TEXT ALERTS FROM THE PHILADELPHIA TRI-STATE CHAPTER</strong></td>
<td><strong>MAP YOUR 10.10.20 WALK YOUR WAY ROUTE &amp; SHARE WITH YOUR TEAM</strong></td>
<td><strong>TOGETHER CHALLENGE: RECRUIT 10 PEOPLE FROM 10 STATES TO JOIN YOUR TEAM</strong></td>
<td><strong>#THANKFULTHURSDAY THANK YOUR SUPPORT TEAM</strong></td>
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<tr>
<td>FRIDAY 25</td>
<td>SATURDAY 26</td>
<td>SUNDAY 27</td>
<td>IMPORTANT DATES</td>
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<tr>
<td><strong>POST A PHOTO OF YOUR PET SHOWING THEIR BEST PURPLE SPIRIT</strong></td>
<td><strong>ATTEND A VIRTUAL LUPUS SUPPORT GROUP</strong></td>
<td><strong>READ ABOUT LFA’S RESEARCH ADVANCES</strong></td>
<td><strong>TEAM SPIRIT BOX &amp; TRAILBLAZER MEDAL - 9/30</strong> <strong>COURSE SIGN- 10/9</strong> <strong>REGISTER FOR THE WALK DAY CELEBRATIONS - 10/9</strong> <strong>INDIVIDUAL PRIZES - 11/10</strong></td>
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“Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.” – Dale Carnegie
SEPT 28 - OCT 4

MONDAY 28
NATIONAL GOOD NEIGHBOR DAY: INVITE YOUR NEIGHBORS TO JOIN YOUR TEAM!

TUESDAY 29
ASK YOUR EMPLOYER IF THEY HAVE A MATCHING GIFT PROGRAM

WEDNESDAY 30
POWERFUL CHALLENGE: SHOW YOUR POWER BY MAKING A SELF-DONATION AND ASKING OTHERS TO MATCH IT

THURSDAY 1
IT'S OCTOBER! THROW IT BACK AND SHARE A #TBT WALK PHOTO ON YOUR SOCIAL MEDIA PAGES

FRIDAY 2
IT'S WORLD SMILE DAY! SHOUT OUT YOUR DONORS ON SOCIAL MEDIA TO MAKE THEM SMILE!

SATURDAY 3
VISIT OUR PRESENTING SPONSOR: Us in Lupus

SUNDAY 4
TEAM SPIRIT DAY: SHARE YOUR TEAM'S WALK SHIRTS & PURPLE SPIRIT GEAR!

IMPORTANT DATES
TEAM SPIRIT BOX & TRAILBLAZER MEDAL - 9/30
COURSE SIGN - 10/9
REGISTER FOR THE WALK DAY CELEBRATIONS - 10/9
INDIVIDUAL PRIZES - 11/10

“The measure of who we are is what we do with what we have.” - Vince Lombardi
OCTOBER 5-10

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<th>REST DAY!</th>
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<td><strong>DAYS COUNTDOWN</strong></td>
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<td><strong>THANK YOU!</strong></td>
<td><strong>REST DAY!</strong></td>
<td><strong>WHAT’S NEXT?</strong></td>
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<td><strong>GIVE A VIRTUAL HIGH FIVE TO YOUR TEAM AND TAG THEM IN THE POST!</strong></td>
<td><strong>FOLLOW UP WITH FOUR PEOPLE YOU INVITED TO DONATE OR JOIN YOUR TEAM!</strong></td>
<td><strong>SHARE THREE REASONS WHY THE WALK IS IMPORTANT TO YOU!</strong></td>
<td><strong>TAG TWO FRIENDS ON SOCIAL THAT YOU WANT TO JOIN YOU ON 10.10.20!</strong></td>
<td><strong>WHO IS YOUR NUMBER ONE SUPPORTER? SHARE WHY!</strong></td>
<td><strong>10.10.20 CHALLENGE: ASK 10 PEOPLE TO DONATE $10 &amp; WALK FOR 20 MINUTES TODAY</strong></td>
<td><strong>KEEP FUNDRAISING UNTIL 11/10 TO EARN GREAT PRIZES! THANK YOUR DONORS &amp; TEAM MEMBERS SEND WALK DAY PICTURES AND VIDEOS TO <a href="mailto:INFO@LUPUSTRISTATE.ORG">INFO@LUPUSTRISTATE.ORG</a></strong></td>
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"The man who moves a mountain begins by carrying away small stones." — Confucius