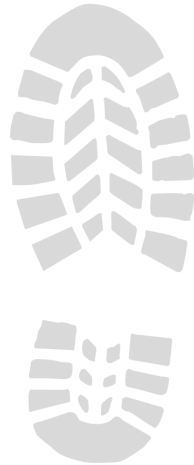


# INSTRUCTIONS

Keep track of your progress by recording miles walked on this sheet. In January 2017, return the completed form to your Nest Vice President who will forward it to PFA National. The award will then be sent to your Nest for presentation.

If you are unable to get your form to the Vice President, send it to:

**Polish Falcons of America - Let's Walk**  
C/O Christine Puskar  
381 Mansfield Avenue  
Pittsburgh, PA 15220



**Entry Deadline: February 1, 2017**

Must be a "Member in Good Standing" of the Polish Falcons of America.

## Contact Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_

Nest Vice President Signature: \_\_\_\_\_

T-Shirt Size: \_\_\_\_\_ Nest No.: \_\_\_\_\_

POLISH FALCONS OF AMERICA

# WALKING PROGRAM 2016

GET UP! GET MOVING! GET GOING!

# INDIVIDUAL RECORD SHEET

**MILES**



**Grand Total 2016 Miles:** \_\_\_\_\_