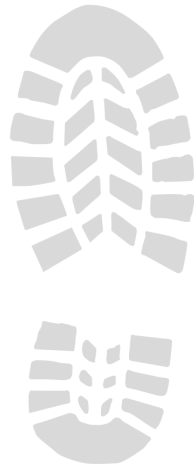


INSTRUCTIONS

Keep track of your progress by recording miles walked on this sheet. In January 2018, return the completed form to your Nest Vice President, who will forward it to PFA National Headquarters. Your award will then be sent to your Nest for presentation.

If you are unable to get your form to your Nest 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, 2018

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 2017

GET UP & GET MOVING!

INDIVIDUAL RECORD SHEET

MILES



Grand Total 2017 Miles:
