

INSTRUCTIONS

Keep track of your progress by recording miles walked on this sheet. In January 2020, 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
1016 Greentree Rd. Suite 201
Pittsburgh, PA 15220



Entry Deadline: February 1, 2020

Must be a PFA Member "in Good Standing"

Contact Information

Name: _____

Address: _____

City: _____ State: _____

Zip: _____

Nest Vice President Signature: _____

T-Shirt Size: _____ Nest No.: _____

POLISH FALCONS OF AMERICA

WALKING PROGRAM 2019

GET UP! GET MOVING! GET GOING!

INDIVIDUAL RECORD SHEET

MILES



Grand Total 2019 Miles:
