INSTRUCTIONS

Keep track of your progress by recording miles walked on this sheet. In January 2021, 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, 2021

Must be a PFA Member “in Good Standing”

Contact Information

Name: __________________________________________

Address: _______________________________________

City: __________________________________________ State: ___________________________

Zip: __________________________________________

Nest Vice President Signature: ____________________________

T-Shirt Size: ____________________ Nest No.: ____________________

GET UP! GET MOVING! GET GOING!
INDIVIDUAL RECORD SHEET

<table>
<thead>
<tr>
<th>JAN</th>
<th>FEB</th>
<th>MAR</th>
<th>APR</th>
<th>MAY</th>
<th>JUN</th>
<th>JUL</th>
<th>AUG</th>
<th>SEP</th>
<th>OCT</th>
<th>NOV</th>
<th>DEC</th>
</tr>
</thead>
</table>

Grand Total 2020 Miles: