Download and fundraise from anywhere with our new Parkinson's Moving Day app. With this mobile app, you can send fundraising emails and texts, post progress updates on social media, deposit check donations and connect to Apple Health, Google Fit and Strava to track your physical activity.

**SEND MESSAGES**
- You can send emails to friends and family directly in the app.
- Asking for donations is easy via Facebook, text, email or social media.

**GET DONATIONS**
- Offers your supporters flexibility with a variety of payment methods: credit/debit cards and checks.
- Accepting donations is secure with bank-grade technology. You can deposit a check donation directly in the app.

**TRACK PROGRESS**
- Keep track of fundraising goals and progress.
- All mobile app donations will appear in your Moving Day Participant Center.

**GET ACTIVE**
- Easily log activity and track steps to earn challenge badges.
- Share your progress with friends and family to encourage them to move or to invite them to support you with a donation.

DOWNLOAD TODAY!
How to Join the Movement Challenge

**Step 1:**
Download the Parkinson’s Moving Day App

**Step 2:**
Set up the activity tracker in the app. Connect to Apple Health, Google Fit or Strava.

**Step 3**
Lace up your exercise shoes and start moving!

**Step 4**
Earn Movement Challenge rewards!

Join the Challenge!
Set a goal to complete each step challenge below in the Parkinson’s Moving Day app between now and Moving Day. After you complete each challenge, celebrate your success via social media, text or email. Use the pre-written messages we have prepared for you or craft your own.

**Day 1 Challenge**
Record your activity for the 1st time in the Parkinson’s Moving Day app and earn a Moving Day sticker pack

**10K Step Challenge**
Record 10,000 steps in the Parkinson’s Moving Day app and earn a cool Moving Day bracelet

**25K Step Challenge**
Record 25,000 steps in the Parkinson’s Moving Day app and earn a trendy Moving Day multi-use bandana

**40K Step Challenge**
Record 40,000 steps in the Parkinson’s Moving Day app and earn a sleek Moving Day water bottle

**60K Step Challenge**
Record 60,000 steps and earn a limited edition Moving Day medal

*Your Parkinson’s Foundation staff partner will share rewards delivery details prior to the event.*