

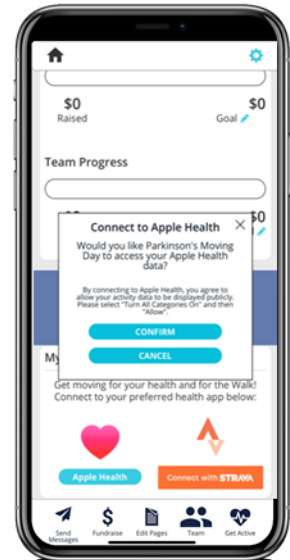
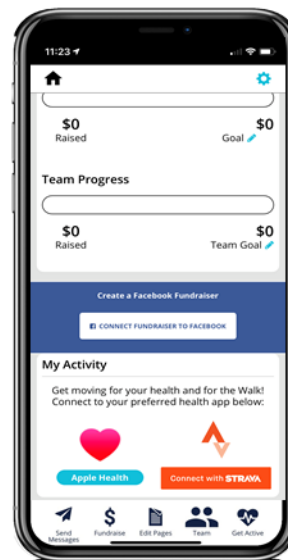
## Step 1:

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!



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

