

SUN	MON	TUE	WED	THU	FRI	SAT
1  Happy Alpha-1 Awareness Month!	2 Set your A1F Virtual Walk goal	3 Personalize your A1F Virtual Walk Page.	4 Walk wherever you feel comfortable: your neighborhood, a park, or on a treadmill.	5 Share your A1F Virtual Walk team's page with family and friends.	6 Send out 10 fundraising e-mails.	7 
8 	9 Encourage friends and family to join your team!	10 Share an Alpha-1 Fast Fact on social media. #A1FVW26	11 Share a picture in your purple t-shirt. #A1FVW26	12 Post why you are walking for Alpha-1 on social media. #A1FVW26	13 Walk as much as you can for Alpha-1!	14 
15 	16 Text 5 friends your fundraising link.	17 Remember an Alpha Angel.	18 Take a selfie walking in your purple t-shirt with your pet. #A1FVW26	19 Share another Alpha-1 Fast Fact on social media. #A1FVW26	20 Don't forget to thank your supporters!	21 
22 	23 Ask your friends and family to donate \$30.	24 Share your progress and fundraising goal on social media. #A1FVW26	25 Celebrate our sponsors day!	26 Share why you are thankful on social media. #A1FVW26	27 Walk off all the turkey and share a picture. #A1FVW26	28 
29 	30 Send out your final push for fundraising!	Make a difference this Alpha-1 Awareness Month by setting your personal goals, raising awareness, and raising funds to help find a cure for Alpha-1. Don't forget to tag A1F on social media! For questions about Building Friends for a Cure (BFC) events, please contact Development Manager Irene Calderon at icalderon@alpha1.org .				