



October Dog Walking Challenge



I'm aiming to raise £..... for Dementia UK by walking 75 miles with my dog in October.

Use this tracker to record how many miles you complete each day.



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------|---------------------------|--------------------------|----------|-----------------------|---|----------------|
| Ready, set, woof! | | 1 Share your fundraiser. | 2 | 3 | 4 | 5 |
| 6 First week complete. | 7 | 8 | 9 | 10 You're fur-tastic. | 11 | 12 |
| 13 | 14 | 15 You're halfway. | 16 | 17 | 18 | 19 Keep going. |
| 20 | 21 Anything is paws-ible. | 22 | 23 | 24 Amazing job. | 25 | 26 |
| 27 Nearly at the finish line... | 28 | 29 | 30 | 31 Well done. | Grand total: A big round of ap-paws... You did it. | |

Welcome to Team Dementia UK!

Thank you for committing to walk 75 miles with your dog this October to support families facing dementia.

Every three minutes, someone in the UK develops dementia – and too often, families struggle to know where to turn and are left feeling exhausted, overwhelmed and alone.

With your help, we can support more families when they need it most.

Every mile you walk and penny you raise will help ensure that no one has to face dementia alone.

We can't wait to hear how you're getting on with your challenge so be sure to update us on your progress in the Facebook Group:

facebook.com/groups/octoberdogwalking25

Good luck!

The Dementia UK Virtual Events Team

I've raised...

£154

could pay for the telephone costs of 40 families calling our free Helpline for expert dementia advice.

£4

could pay for the telephone costs of one family calling Helpline for free to get the support they need.

£46

could give an Admiral Nurse access to our online learning platform for a year to help them develop their dementia expertise and knowledge.

