



# HOW MANY LIVES CAN YOU SAVE IN 30 Days?

9/1

**GET YOUR RESCUE ON®:**  
Start your personalized game plan to save as many lives as possible in 30 days.

*Good Luck!*

9/2

Walk your local mall from top to bottom!  
**Small Business Saturday** shopping for your pets is always a good idea.

9/3

**Sunday Fun Day –**  
Hike for Homeless Animals.



9/4

**Labor Day –**  
Get outside to walk in the park, then relax the day away!



9/5

**Back to work.**  
No delivery service today - Walk to pick up your lunch!



9/6

**Mid-week shuffle,** add a dance class to your routine. Homeless animals are counting on you!

9/7

**Don't forget the felines –** a friendly game of chase throughout the house adds a lot of lifesaving steps!



9/8

**Friday Night Lights** evening stroll around your community. Baby & pet strollers encouraged!

9/9

**Saturday Fun Day –**  
Walk, bike, swim, kayak anywhere today!  
Pickleball anyone?

9/10

**Paws Up, Tails Down –**  
Take any exercise class, you'll be glad you did.



9/11

**Patriot Day to Commemorate 9/11 –**  
Walk to Never Forget.



9/12

**Get your wheels on –**  
Roller skating is making a comeback. Show us your crossovers!

9/13

**Hump Day Hustle –**  
Push yourself a bit more. You know you can do it!

9/14

**Yoga counts,** get in a Downward Dog pose for our rescue dogs!



9/15

**Rosh Hashanah –**  
Mid-month morning walk to reflect.

9/16

**Rent a bike** in that new neighborhood you've always wanted to explore!



9/17

**Switch It Up Sunday –**  
Vary your routine, grab a friend, try a different street block, change your pace!

9/18

**Beat the Monday blues** with an early sunrise stroll & a warm drink.



9/19

**Shake it up –**  
Grab a partner and dance in your kitchen! Because, why not?



9/20

**Grab your furry best friend** or borrow a friend's and play fetch!



9/21

**International Day of Peace –**  
Hum your favorite tune while you walk to save animals.

9/22

**Native American Day –**  
Find any nature trail and take it in. When's the last time you treated yourself?

9/23

**1st Day of Autumn**  
Grab a sweater and walk or jump through the leaves!



9/24

**Yom Kippur –**  
Strive to get to the next Walk & Wag Prize Level.

*1 Week Left!*

9/25

**Get your steps in and tackle those stairs –**  
up & down and back again!



9/26

**Walk while listening** to your favorite podcast, something about rescue pets perhaps?

9/27

**In the Home Stretch –** One last reminder to family, friends and colleagues to be as generous as they can to support our no-kill mission. **WALK anywhere.**

9/28

**Unplug!**  
Promise to NOT Look at your Cellphone Walk – any duration you need to decompress.

9/29

**Catch a sunset** by walking to the best location you can possibly think of.



9/30

**Last day of National Walk & Wag –**  
Pat yourself on the back and walk one last mile to save lives.

*Thank You!*