

NW Connecticut CROP Walk

September 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>All month long: take pictures and video clips, and upload them here: tiny.cc/CROPWalk. At the end of the month we'll share a compilation of CROP Walkers with all supporters!</p>				1	2	3
				If you walk today, take an umbrella!	If you walk today, walk a new-to-you path and record your review	If you walk today, wear your craziest socks and take a photo of them
4	5	6	7	8	9	10
If you walk today, walk in a park or zoo or at a fair	If you walk today, invite someone to walk with you or make a donation	If you walk today, take a photo with water in the background	If you walk today, invite 2 people you know from church to join the CROP Walk	If you walk today, take a photo of yourself with the prettiest tree	If you walk today, chew some gum or a mint along the way	If you walk today, take a video and tell about 10 good things in your week
11	12	13	14	15	16	17
If you walk today, take a posed photo of just your shoes on your path	If you walk today, tell 3 others why you are walking the CROP Walk	If you walk today, think of 3 random acts of kindness you will do this week	If you walk today, take a photo of yourself featuring the best scenery of your walk	If you walk today, wear a hat and take a photo of yourself	If you walk today, draw a smiley face in the path with a stick or rocks and take a photo	If you walk today, take a video clip of the best part of your walk
18	19	20	21	22	23	24
If you walk today, bring along a four-legged friend and take a photo (can be stuffed!)	If you walk today, offer a prayer for those who struggle with food insecurity	If you walk today, wear at least 3 different colors and take a photo	If you walk today, think of someone who inspires you and tell them so this week	If you walk today, wear a step counter and take a photo of your final number	If you walk today, take a photo of the prettiest leaves on your path	If you walk today, wear your favorite T-shirt and take a photo
25	26	27	28	29	30	
If you walk today, take a video of the sound of your feet along your walk	If you walk today, reflect on who might appreciate the opportunity to support your walk	If you walk today, take a photo of something that is alive on your path	If you walk today, wear your brightest T-shirt and take a photo	If you walk today, take a photo of yourself on your walk SMILING!	If you walk today, take a video of why you participated in the CROP Walk	