ASNA "MOVE 25" CHALLENGE

Resourcing | Opening Doors | Awareness | Discussing

YOUR 25-DAY PROGRESS TRACKER

A special R.O.A.D Journey by ASNA Heroes.
Tick off your inclusive movements every day!
Visit **ASNA.info** for more info.



1 Armchair Lifts	2 Armchair Lifts	3 Armchair Lifts	4 Armchair Lifts	
5 Armchair Lifts	6 Armchair Lifts	7 Armchair Lifts	8 Armchair Lifts	9 Armchair Lifts
10 Leg Lifts	12 Leg Lifts	13 Leg Lifts	14 Leg Lifts	15 Leg Lifts
16 Armchair Lifts	17 Leg Lifts	18 Armchair Lifts	19 Armchair Lifts	20 Armchair Lifts
21 Leg Lifts	22 Leg Lifts	23 Leg Lifts	24 Leg Lifts	25 DONE! R.O.A.D. Wheelchair

NOTES / GOALS