



Activity Tracker (Supplemental Programming)

Name:		Week 1	Week 2	Week 3	Week 4	Week 5
Month of:		Week 1	Week 2	Week 3	Week 4	Week 5
Class Type	Class	Week 1	Week 2	Week 3	Week 4	Week 5
Education <i>Unlimited</i>	Ask the Expert					
	Medical Journal Review Club <i>*peer-led group; last Tuesday of the month</i>					
	PD 101 <i>*6- to 8-week class for newly diagnosed clients</i>					
	Off-Site:					
	Off-Site:					
Support <i>Unlimited</i>	Book Club <i>*peer-led group; second Tuesday of the month</i>					
	Beyond PD 201 <i>*virtual, peer-led support group</i>					
	PD Café <i>*support group; 2nd & 4th Wednesdays</i>					
	Wellness Workshop <i>*first Wednesday of the month</i>					
	Women's Forum <i>*6-week session for women with PD</i>					
	Off-Site:					
	Off-Site:					
Video Series <i>Unlimited</i> *these are extra credit and can be done anytime	Short on Time					
	Quick Moves: Healing Arts					
	Quick Moves: Physical Wellness					
	Quick Moves: Fit4You					
	Off-Site:					
	Off-Site:					

Name:
Month of:



Notes (Supplemental Programming)

Class Type	
<p>Education <i>Unlimited</i></p>	
<p>Support <i>Unlimited</i></p>	
<p>Video Series <i>Unlimited</i></p>	