**Name**: **Age**:

**Country**:

**LGMD Sub-Type** (if known):

**At what age were you diagnosed**:

**What were your first symptoms**:

**Do you have other family members who have LGMD:**

**What do you find to be the greatest challenges in living with LGMD**:

**What is your greatest accomplishment**:

**How has LGMD influenced you into becoming the person you are today:**

**What do you want the world to know about LGMD**:

**If your LGMD could be “cured” tomorrow, what would be the first thing that you would want to do**:

Please send your completed questionnaire, signed release form and a .jpeg photo of yourself

via e-mail to: [LGMD.Day@gmail.com](mailto:LGMD.Day@gmail.com)

A signed Release Form must also be completed and returned.

Thank you for helping us raise awareness of LGMD.