

WALK AND 5K RUN FOR LIFE

HOW TO RAISE \$500 IN 10 DAYS

- Day 1** Sponsor yourself for \$50.
- Day 2** Ask 2 family members to sponsor you for \$25.
- Day 3** Ask 5 friends to sponsor you for \$20.
- Day 4** Ask 5 people from church to sponsor you for \$10.
- Day 5** Ask 5 neighbors OR friends from your child's school to sponsor you for \$10.
- Day 6** Ask 2 more family members to sponsor you for \$25.
- Day 7** Ask your boss or your company to sponsor you for \$25 (OR see if they will match your gift!).
- Day 8** Ask 5 social media friends to sponsor you for \$20.
- Day 9** Think of someone you've supported in the past. Ask them to pay it forward and sponsor you for \$25.
- Day 10** You've done it! \$500 in 10 days! Take time today to THANK everyone who sponsored you.

www.walkandrun.org

Contact Angela (angela@pregnancyclinic.org) or Sharon (patten.s@pregnancyclinic.org) with questions.