



ANTI-CANCER CHALLENGE

HOW TO RAISE \$1,000 FOR CANCER RESEARCH IN 10 DAYS

- Day 1** Ask your best friend to sponsor you for \$50.
- Day 2** Ask 2 family members to sponsor you for \$50.
- Day 3** Ask 5 friends to each contribute \$20.
- Day 4** Ask 5 co-workers to each contribute \$20.
- Day 5** Ask 5 neighbors to contribute \$20.
- Day 6** Ask 5 people from your social club or place of worship to donate \$10.
- Day 7** Ask your boss for a company contribution of \$100. Don't forget to check if your company has matching gifts on our website to easily double your gift.
- Day 8** Ask 3 business with which your company works to sponsor you for \$100.
- Day 9** Ask 4 business you frequent (salon, dry cleaner, etc.) to contribute \$25.
- Day 10** Follow up with friends, family, businesses and co-workers you might have missed.

TIPS Alternate one of these steps with a fundraising event. Check out the guide in the Tools and Resources section of the website for inspiration.

Don't forget to download our mobile app to fundraise on the go.

Imagine how great it will feel to raise \$1,000 for cancer research!