

Thank you for helping create a world without type 1 diabetes (T1D)! The key to fundraising success is simple—you just need to ASK! Tell your friends, family, and colleagues why JDRF and T1D research are important to you. Take this simple 10-day challenge to raise \$1,000+ for JDRF One Walk[®].

Before you start the challenge, remember to set your goal. The most successful fundraisers set a goal—family, friends and co-workers want to help you reach it. Once you've hit your goal, raise it and keep up the good work!

DAY
1

Show your commitment! Make your own donation of \$50, \$100 or more. Customize your personal fundraising page in your JDRF One Walk Participant Center and find all the tools you need for fundraising success, including reaching out on social media.

DAY
2

ASK five family members for \$25 each.

DAY
3

ASK three local businesses to donate \$25. Your dry cleaner, hair stylist and regular coffee shop are great places to start. Bought a new car or refinanced your home? Those professionals often make charitable donations to their customers. You just need to ASK!

DAY
4

ASK five co-workers to sponsor you for \$20 each. Take advantage of your company's matching gift program, if available, to increase your co-workers' impact!

DAY
5

Request a company contribution of \$100 from your boss.

DAY
6

ASK five people you know from your extracurricular sports team, child's school, or place of worship to donate \$20 each.

DAY
7

Solicit five friends to donate \$25 each. Send requests from your Participant Center to give people a secure way to make a credit card donation. We've provided sample fundraising letters in your Participant Center to help you!

DAY
8

Turn it around! ASK someone whose cause you have supported for \$25 or more.

DAY
9

ASK your company to match your self-donation.

DAY
10

Work your social network and you will easily raise \$150. Reach out through Facebook, Twitter, Instagram and any other social media you use to let people know why you're participating in JDRF One Walk. Make it personal. And be sure to use your Participant Center to create a Facebook Fundraiser!

People want to support you—they just need to be ASKED!

Once you've completed this 10-day challenge and have raised \$1,000 you become a JDRF One Walk VIP! VIP's are the top 5% of all JDRF One Walk fundraisers and are truly an exclusive group! To celebrate your dedication to raising money for T1D research, you'll receive a special item to wear year round.