

Top tips for recruiting, motivating and inspiring others to help you reach your goals!

PARTICIPANTS

I've registered for the Autism Speaks Empower Walk + 5K Run and set my fundraising goal

I've personalized my fundraising page

I've reviewed the Participant Guide, fundraising worksheets and templates

I've set up my Facebook fundraiser

I've connected with my local Autism Speaks staff member

I made a self-donation to encourage others

I've identified my network of support

I've asked others to join me

I've created my fundraising plan

I've created fundraising milestones to track my progress

I've sent fundraising emails/letters to my network of support

I've created and shared my fundraising flyer

I've asked my employer about sponsorship and our company's matching gift program

I've shared training and fundraising updates through social media, email and text

I've reached an incentive level

TEAM CAPTAINS

I've registered my team for the Autism Speaks Empower Walk + 5K Run and set our fundraising goal

I've personalized our team fundraising page

I've asked others to join my team

I've shared the Participant Guide, fundraising worksheets and templates with my team

My team has started their Facebook fundraisers

I've connected with my local Autism Speaks staff member

I made a self-donation to my individual fundraising page to encourage others

We've identified our networks of support

We've created our team fundraising plan

I've created team fundraising milestones and team challenges

I've sent weekly emails to my team to motivate them, share updates and fundraising tips

I've created and shared our team fundraising flyer

We've identified companies that may be interested in sponsoring our team

I've recognized my team members achievements and gave personalized shout-outs