

Participant name: \_\_\_\_\_

Team name (if applicable): \_\_\_\_\_

## GOAL SETTING

What motivates you to participate in the Empower Walk + 5K Run?

\_\_\_\_\_

Fundraising Goal	Event Date	# of Weekends Until Event	Weekly Fundraising Goal (Fundraising Goal ÷ Number of Weeks)
\$			\$

## IDENTIFYING YOUR SUPPORT NETWORK

These individuals and groups are the first people you should connect with to support your efforts. Try reaching out to them by making phone calls, meeting in person, or sending emails or letters to share why the Autism Speaks Empower Walk + 5K Run is important to you!

- Bank
- Doctor/Dentist
- Employer
- Family
- Friends
- Gym
- Insurance Agent/Lawyer
- Mechanic
- Neighbors
- Salon
- School
- Vet

Who will you reach out to this year?	

## FUNDRAISING MILESTONES TO HELP YOU STAY ON TRACK

**Receive Your First Donation**    Date: \_\_\_\_\_    Amount: \$ \_\_\_\_\_

**Reach 25% of Your Goal**    Date: \_\_\_\_\_    Amount: \$ \_\_\_\_\_

**Reach 50% of Your Goal**    Date: \_\_\_\_\_    Amount: \$ \_\_\_\_\_

**Reach 75% of Your Goal**    Date: \_\_\_\_\_    Amount: \$ \_\_\_\_\_

**Reach 100% of Your Goal**    Date: \_\_\_\_\_    Amount: \$ \_\_\_\_\_

## CREATE YOUR FUNDRAISING PLAN AND TRACK YOUR PROGRESS

✓	Action Item	Due Date	Fundraising Goal	Actual Amount Raised
	Start an Email/Letter Writing Campaign		\$	\$
	Create a Facebook Fundraiser		\$	\$
	Ask Your Employer to Sponsor You		\$	\$
	Host an Event ( <i>Bake Sale, Trivia Night, Coin Drive</i> )		\$	\$
			\$	\$
			\$	\$
			\$	\$
TOTAL:			\$	\$

## CELEBRATE YOUR SUPPORTERS – HOW WILL YOU THANK YOUR DONORS?

- Write Handwritten Thank You Notes
- Send Post-Event Emails
- Make personalized phone calls
- Create and Send a Video
- Post a Social Media Shout Out
- Share Photos or Stories

## POST- EVENT REFLECTION

Amount raised: \$ \_\_\_\_\_

Goal for next year: \$ \_\_\_\_\_

What Worked Well?	What Could You Improve On?