



KIDNEY WALK
Lace up

HOW TO RAISE \$300 IN A WEEK?

Day 1: Start by making a personal donation of \$50.

Day 2: Share your personal page with two family members and ask them to sponsor you for \$20 each.

Day 3: Email three co-workers asking for a contribution of \$15 each.

Day 4: Post your participation on Facebook asking at least four friends to sponsor you for \$10 each.

Day 5: Reach out to five neighbors and ask them to contribute \$15 each.

Day 6: Ask your employer to match your personal contribution of \$50. [See if your company matches charitable giving now!](#)

Day 7: Thank all your donors! You've made it to \$300, but don't stop there! You can earn more pieces of your Walk Outfit when you keep fundraising – [learn more here](#).

The answer is always no, unless you ask!