

# HOW TO RAISE \$150 IN 7 DAYS

**Your fundraising is changing the lives of over 14,860 Special Olympics Iowa athletes and Unified partners.**

DAY	THE ASK	TOTAL PER DAY	GRAND TOTAL
<b>1</b>	Kick start your fundraising by adding a personal contribution of \$10	<b>\$10</b>	<b>\$10</b>
<b>2</b>	Send an email to three friends asking for a \$10 donation. Don't forget to also ask them to take the Plunge with you!	<b>\$30</b>	<b>\$40</b>
<b>3</b>	Send an email to three of your favorite relatives asking for a \$10 donation.	<b>\$30</b>	<b>\$70</b>
<b>4</b>	Post on social media and tell your followers if they help you raise at least \$20 in one day, you'll let them pick your Plunge costume!	<b>\$20</b>	<b>\$90</b>
<b>5</b>	Ask two neighbors for \$10.	<b>\$20</b>	<b>\$110</b>
<b>6</b>	Ask five people at your favorite restaurant, coffee shop, tavern or local community hang out spot for \$5.	<b>\$25</b>	<b>\$135</b>
<b>7</b>	Ask your best friend or significant other for a \$15 donation. And (of course) ask them to join your Plunge team, too!	<b>\$15</b>	<b>\$150</b>