

MOVE YOUR
PHEET



How to Raise \$250 in 10 Days

Thank you for participating in Move Your Pheet! To help you get started, we've shared a few fundraising ideas below. If you have questions or need additional support, reach out to susie@npkua.org.

- DAY 1:** Kick off your Move Your Pheet fundraiser with a personal donation. Leading the way shows others this cause is important to you!
- DAY 2:** Make a list of 25+ people that you're going to ask to donate. Then, reach out to three family members to donate \$25 or more.
- DAY 3:** Ask 5 friends to donate \$20 or more
- DAY 4:** Share your fundraiser on social media and explain why donating to NPKUA is important to you!
- DAY 5:** Ask 5 people in your community to donate \$10 or more.
- DAY 6:** Ask a local business to donate \$25 or more.
- DAY 7:** Ask 5 co-workers to donate \$20 or more.
- DAY 8:** Ask your company to help contribute \$75 or more.
- DAY 9:** Ask someone whose cause you have supported to donate \$25 or more.
- DAY 10:** Share your fundraiser on social media with updates about your progress towards goal. You can share a NPKUA community program or area of research that is important to you.

Keep in mind that your friends and family care about you AND your passion for the PKU community. Plenty of cushion is built in to this list...have fun with it and good luck!