



National
Multiple Sclerosis
Society



RAISE \$1000 IN TEN DAYS

Day 1 Register yourself at \$50, which counts toward your fund-raising level

Day 2 Ask four family members to sponsor you for \$50

Day 3 Ask ten friends to contribute \$10

Day 4 Ask five co-workers to contribute \$20

Day 5 Ask five neighbors to contribute \$20

Day 6 Ask five people from your church/temple to contribute \$20

Day 7 Ask your boss for a company contribution of \$50
(better yet, find out if your company will match what you raise.)

Day 8 Ask four businesses or companies that you deal with through work to sponsor you for \$25

Day 9 Ask four businesses you frequent to personally contribute \$25
(This is an easy one—ask your barber/hair stylist, dry cleaner or restaurant where you eat lunch every day.)

Day 10 Ask ten different friends to contribute \$10