



Daily Routines

In addition to your team's fundraising efforts, we encourage all walkers to conduct their own fundraising campaigns. To help you reach your personal or team goal, we have come up with some unique fundraising ideas you can incorporate in to your daily life.

- Drive to and from work every day? Hold a neighborhood car wash.
- Eat lunch out every day? Pack a lunch and put your lunch money towards your team.
- Heading to the dry cleaner or gym? Bring an ALS coin bank to place at the register or desk.
- Attending a PTA conference meeting? Bring baked goods to sell.
- Spring cleaning? Hold a garage sale with proceeds benefiting your team.
- Going for a stroll around the neighborhood? Place flyers about the Walk in mailboxes.
- Running errands? Pass out donation letters or ALS Walk for Life postcards at each stop.
- Have a child who babysits or pet sits? Ask them to donate their earnings to the team.
- Business attire required at office? Request a casual Friday where employees pay \$5 to wear jeans and the proceeds benefit your Walk team.
- Attended a place of worship? Make an announcement and leave a collection tin in the lobby.
- Stop for coffee in the morning? Brew it at home and donate the money saved to your team.
- Upcoming haircut appointment? Share a solicitation letter with your hairdresser.
- Regularly sending personal or work emails? Include a link to your individual and/or team page in your email signature.

