

## GRACE CHURCH SEPTEMBER FUNDRAISER “LET’S KEEP OURSELVES AND OUR SCHOOLS HEALTHY CHALLENGE”

It’s as easy as this . . .

Participants create an individual healthy goal challenge to be completed during September. The goal can be anything that keeps you strong and healthy, e.g., practicing yoga every day, walking longer times, running further, participating in an online exercise class, meditating daily, eating an extra serving of vegetables each day, or even dropping a few pounds.

The next step is to obtain sponsors (and/or sponsor yourself). When describing your challenge to your potential sponsors, please be specific - - e.g., yoga every morning, or run 5 extra miles each week, or lose 5 lbs. - - so that your sponsor can decide how to donate.

If you can participate, please send an email to [Fundraising@gracechurchsalem.org](mailto:Fundraising@gracechurchsalem.org). with your name and activity so that the Fundraising Committee can keep track of who is participating. We can answer any questions and will reach out to you with a reminder when it is time for you to collect donations from your sponsors.

The form below can be used by you to track sponsors and your activity on a daily basis during September. If there is not enough room you can attach additional pages or create your own form. You keep the form.

Funds raised in this challenge will help offset administrative costs associated with Grace Church honoring its commitment to support the Salem Public Schools and to help keep Salem students healthy in mind, body, and spirit.

<p><b>PLEDGE</b> I,  take on the healthy goal challenge of       for the back to school month of September 2020.</p>	Sponsor Name	Flat Donation	or	Donation by Activity	Total
	_____	_____		_____	_____
	_____	_____		_____	_____
	_____	_____		_____	_____
	_____	_____		_____	_____
	_____	_____		_____	_____
	_____	_____		_____	_____
	_____	_____		_____	_____
	_____	_____		_____	_____
	_____	_____		_____	_____
	_____	_____		_____	_____

	Week 1	Week 2	Week 3	Week 4	Week 5
Sunday		6	13	20	27
Monday		7	14	21	28
Tuesday	1	8	15	22	29
Wednesday	2	9	16	23	30
Thursday	3	10	17	24	
Friday	4	11	18	25	
Saturday	5	12	19	26	