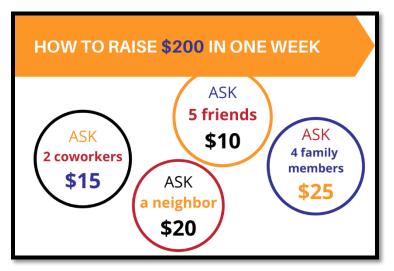
TEAM CAPTAIN CHECKLIST

Thanks for joining us as a team captain! Here are some tips to help make your team's experience fun and successful.



- **1.** ______ **Register your team** and build your team page with personal stories, photos and motivating messages for your team.
- **2.** _____ **Recruit team members**, and tell them how to register and join your team. Aim for 10 team members family, friends, coworkers......
- **3.** _____ **Set a goal that everyone agrees on.** Aim high. Raise that goal each time you are close to achieving it.
- **4.** _____ **Encourage** your team members to connect their personal fundraising page to a Facebook fundraiser a quick and easy way to receive donations.



5. _____ Hold a team fundraiser! The possibilities are endless. From a yard sale at a team member's house to a potluck dinner where you charge guests a small fee to attend – get creative.

6. Use social media to keep friends and family aware of your efforts, ask for donations, and thank supporters.

7. ____ WALK!

8. _____ Capture the moment. Coordinate a time to have your official team photo taken on Walk day. Make sure to share your photos with us on social media using #AHRCWalk.

MOVING AHEAD, LEAVING NO ONE BEHIND