








How to:

ACHIEVE YOUR GOAL IN SEVEN DAYS



Day	How to Acheive My Goal	Total	YOUR IMPACT
	Start with your own donation of \$50	\$50	
	Ask 3 family members to sponsor you for \$25	\$75	
	Ask 5 friends to sponsor you for \$20	\$100	
	Ask 5 co-workers to sponsor you for \$10	\$50	
	Ask 5 neighbours to sponsor you for \$20	\$100	
	Ask your boss for a company contribution of \$50 and ask if your company has a corporate matching gift program	\$50	
	Ask 3 businesses you frequently visit for \$25 (doctor, dentist, hair stylist, dry cleaner, mechanic, coffee shop, etc.)	\$75	
FUNDRAISING TOTAL		\$500	The funds you raise will help translate research at SickKids into results, transform the bone marrow transplant unit into a bigger, more family-friendly space where cutting-edge BMT therapy can do more for kids, and support the highest priority needs at SickKids Garron Family Cancer Centre, so advances in care are quickly put into practice.

100% of funds raised at Bike for Tykes go to help beat children's cancers.