Challenge Yourself How-to Kit

Whether you want to run your first 5K or your 10th marathon, train for a triathlon, or simply walk a mile every day for a week, you can raise funds and promote awareness by challenging yourself! You don’t have to be an athlete; maybe you want to quit smoking or give up television. Anything can serve as a fundraiser for IDF!

The ways of raising money and promoting awareness for IDF are endless! All it takes is a personal goal, your dedication and generous sponsors to make it a success. Your friends and family members are a great resource. They might sponsor you for a variety of activities, especially when they know that the donations are going to IDF. Some ideas you might consider:

Athletic events already exist in your community. Participate in a:
- 5K Run
- Marathon
- Triathlon
- Walk-a-Thon

Personal Fitness Goals
- Walk 1–3 miles every day for a week
- Walk 30 miles in a month
- Zumba for Zebras! Attend 12 Zumba classes in one month
- Climb a mountain

Healthy Living Goals
- Quit smoking and get sponsors for each day you succeed
- Try 10 new healthy recipes in a month
- Watch no television for a week
- Read 4 books in a month

As one volunteer who raised money for IDF through a triathlon said, “The most rewarding experience is knowing you could push yourself to accomplish a personal cause.”

Step 1
Find the right event or challenge for you! The ideas above are just suggestions. You can try anything!

Step 2
Find Sponsors! Friends, family members, neighbors and colleagues are all people who might support your efforts. IDF makes this easy for you with our Personalized Campaign Pages. Once this is set up, it will show you how to send an e-mail to everyone you feel comfortable asking for a donation. For a sample solicitation e-mail, CLICK HERE.

Step 3
If you are participating in an athletic event, start training early!

Step 4
Accomplish your goal, whether an athletic event or something to help improve yourself or your community!

Step 5
After your success, be sure to let your sponsors know the outcome, and thank them. CLICK HERE for a sample thank you note.