

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|--|--|--|
| | | | | | 1 Empty all your change into a jar on your desk. Do this every day for the whole month | 2 Pledge yourself first on your pledge form and keep it with you at all times |
| 3 Ask 5 people for \$5 | 4 Look for local events where you can do Face Painting and charge \$2 per person | 5 Have Orange and Blue Day (Brain Tumour Foundation colours) charge those who don't wear the colours | 6 Book yourself to workout at the gym and pay yourself a fine when you miss! | 7 Post a note on your Facebook asking for donations. | 8 Organize a poker night and charge \$5 to play. Donate your winnings! | 9 Clean out your closets and find 5 things to sell on Kijiji.ca |
| 10 Collect empty beer and wine bottles from your friends and neighbors and return to the store for refund money | 11 Put this weeks Coffee money in your jar and drink the free office brew | 12 Ask a local restaurant if you can bus tables for tips - tell the customers why you are there! | 13 "Kidnap" the boss and ask for <i>ransom</i> money from your co-workers | 14 Ask "Kernels Popcorn" about their Charity Program - Have "Popcorn Day" at your office, church or school! | 15 Stand in the elevator at lunch time with your donation jar and ask for spare change | 16 Ask a local grocery store if you can bag customers groceries for tips - tell the customers why you are there! |
| 17 Email your contact list and ask them for a donation | 18 Put this week's gas/bus money in a jar and arrange a ride or walk to work | 19 Clean windshields at the local drive-thru for tips! (Be sure to check with the store manager first) | 20 Do a 50/50 raffle at work school or church | 21 Do your kids chores and make them pay YOU an allowance! | 22 If it's your birthday this month ask for donations instead of gifts! | 23 Set up a dog wash for neighbourhood doggies |
| 24 Collect old paperbacks and videos and have a sale | 25 Have a "Dress Down" Day at the office and each person pays \$2 | 26 Sell hot chocolate at the local ice rink or set up a lemonade stand at the soccer field | 27 Set up a "Swear Jar" at home or work - have family or co-workers add .50 cents for each naughty word | 28 If you know somebody having a baby - ask if you can do a "Guess the Baby's Birthday" and charge \$2 per guess | 29 Ask your boss to match what you have raised so far! | 30 Ask a local Kareoke Bar if you can charge "Singers" \$2 a song for your cause |
| | | <p>Looking for more information about Spring Sprint? Check out www.springsprint.ca or call us at 1-800-265-5106</p> | | | <p>Please be sure to check with local authorities for rules regarding raffles and food sales</p> | |