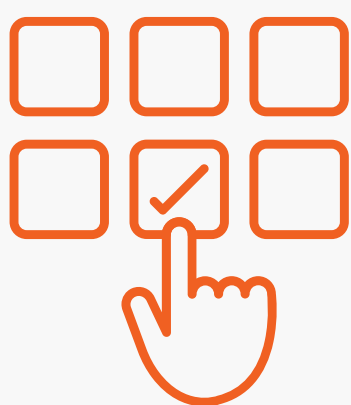


# CHOOSE TO LOSE CHALLENGE

## A Step by Step Guide



### 1

#### Choose What to Lose

Decide what you are going to give up

Make sure to give up something you love for a short period of time. It could be TV, Gaming, Music, Candy... whatever will be difficult for you.

### 2

#### Choose How Long

Figure out how long you're going to give it up

The amount of time you pick will depend on how hard it's going to be for you to give up your choice. If it's too short, it will be too easy and not motivating for people to give. If it's too long, you might not follow through and that's not fair to the people who sponsor you.



### 3

#### Set a Goal

How much will you try and fundraise

Make sure to pick a goal that is attainable, but also that will be a bit of a stretch for you.



### 4

#### Register

Get a place for people to give online

You can register your fundraiser as an individual or as a team (like your youth group). Register for Choose to Lose at <https://www.canadahelps.org/en/charities/open-doors-with-brother-andrew-inc/p2p/ChoosetoLose>.



### 5

#### Spread the Word

Let your friends and family know what you're doing

Whether you talk face-to-face or use social media, let people know what you're doing and why you're doing it. The first 48 hours are crucial to your fundraiser, Use the first two days to contact people and build momentum.

