



How the Challenge Works

Set up your fundraising page: [Parkinson.org/PayitForward](https://parkinson.org/PayitForward)

Be sure to personalize your fundraising page and let people know why you're participating. Share your challenge progress there throughout the month using pictures, videos, or just posting an update. You can post a photo as you complete the act of kindness or the results!

Print out your Pay it Forward for Parkinson's challenge materials.

Print out your calendar (30 Acts) or bingo board (24 Acts). Print out the donation log to track checks you receive from your community.

Share your fundraising and acts of kindness efforts with your community.

Make sure your friends (online and offline) know you're participating in the challenge! Share your bingo board on social media and let them know your goals. As to fundraising - people can't say yes to donate if you don't ask them. An easy way to ask is by sharing your page, once you've set up the fundraiser click the 'share' button or "Invite Friends" on your fundraising page.

Donate to your own page.

Donating even a small amount to your own page encourages others to make a donation and can help you complete another act of kindness. Get the fundraising party started with your own gift.

Know where to post updates – share each act of kindness or each row you complete on your fundraising page.

You can post in the group if you are looking for support, inspiration or ideas on fundraising and completing the activity. When you complete your bingo board you'll earn the end of challenge virtual trophy to post to your fundraising page – plus a [Parkinson's Foundation t-shirt](#).


Thank your supporters!

Don't forget to thank your friends, family and everyone who has donated to you. You will get a notification your fundraising page when someone has donated, so make sure to comment and say thank you!

To find your fundraiser: facebook.com/fundraisers/manage

PAY IT FORWARD FOR PARKINSON'S

Take the challenge and Pay It Forward for Parkinson's with daily acts of kindness! As you complete each act, check off the coordinating square; don't be afraid to jump around the calendar.

<p>Share your progress on social media (tag us @ParkinsonDotOrg) #CarePartnersCan</p>	<p>Open the door for someone</p>	<p>Call someone to tell them you appreciate them</p>	<p>Help a neighbor complete a chore</p>	<p>Share your Facebook Fundraiser</p>	<p>Learn something new about Parkinson's disease</p>
<p>Give a Care Partner a hug</p>	<p>Cook a healthy meal for family</p>	<p>Promote your fundraiser with friends</p>	<p>Let someone ahead of you in line</p>	<p>Donate gently used clothes</p>	<p>Pick up trash in an outdoor area</p>
<p>Write a 10 item gratitude list</p>	<p>Smile at a stranger</p>	<p>Recycle</p>	<p>Spend 30 minutes getting to know someone new</p>	<p>Water a plant</p>	<p>Write a thank you note to your favorite healthcare worker</p>
<p>Help a friend with a chore/errand</p>	<p>Complete a memory game (e.g. crossword)</p>	<p>Share our Helpline 1 800 4PD INFO</p>	<p>Submit your My PD Story</p>	<p>Give someone a compliment</p>	<p>Ask for a donation</p>
<p>Spend 30 minutes in nature</p>	<p>Last Call: Share your Facebook Fundraiser</p>	<p>Tell someone about the Parkinson's Foundation</p>	<p>Celebrate completing Pay it Forward for Parkinson's!</p>		

Every dollar you raise brings us closer to a cure. Join our Facebook fundraiser: [Parkinson.org/PayItForward](https://www.parkinson.org/PayItForward)

