



Pledge, Exercise & Donate

Cars, Insurance and Repairs for Single Mothers, Inc. **MISSION** – paying for needed Car Repairs - (engine/transmission, tune-up, brakes, tires, batteries, radiators, windsheilds and more), Car Insurance and Cars, that Single Parents (Moms & Dads) and Grandparents may Benefically and Gainfully take care of their Kids and Grandkids. At No Cost to Them...

JOIN THIS
7 DAYS SELF CHALLENGING
PLEDGE, EXERCISE & DONATE
FUNDRAISING EVENT
 Walk, Run, Bike, Swim, Treadmill,
 Elliptical, Strollers, Dog Walk, ETC.
 Walking & Sports use Activity Tracker for Steps
 Counter, 10K Steps = 4 Miles

Registration Forms can be printed at www.cirfsm.org...
 For More Information Call CIRFSM.ORG at 800-366-6314

****Pledge YOUR \$ or Cents Per Mile****

PARTICIPANTS GOAL - 10,000+ INDIVUALS

PLEDGE AND MILEAGE CHALLENGE

- *Let's Make Life Easier for Single Parents and Grandparents FIGHTING for Better Days to come!!!!*

Print Your Fitness Club Brand Here (if any)

EXERCISE POWER

- *Fitness Club Brand Raising Highest Donations in Support of CIRFSM.ORG, will receive a Trophy. "The Trophy Goes To ????"*

Mileage & Pledge ZONE

Name: _____:

Email: _____:

(Your Email will not be shared, sold or used for any other purpose)

Days of Exercise GOAL: [_____]

Mileage Per Day GOAL: [_____]

[Pledge Per Mile(\$\cents)\$ _____ x Miles _____ =
 \$ _____

****Upon completion****

Snapshot this Page and Email it to: fitness@cirfsm.org

7 DAYS Self Challenging Miles

Day 01 – Miles _____ Day 05 – Miles _____

Day 02 – Miles _____ Day 06 – Miles _____

Day 03 – Miles _____ Day 07 – Miles _____

Day 04 – Miles _____

TOTAL MILES _____

A: On January 1st, the Fitness Brand Raising the Largest Donation Amount will be Posted at www.cirfsm.org

B: Together with the Grand Total of Miles Exercised by all Participants Nationwide.

Donation ZONE

- *“We Make a Living by what we Earn,
But WE make a LIFE by What WE Give”*

Donate Your Pledge at:

1: charitynavigator.org – Cars, Insurance and Repairs for Single Mothers, Inc. - \$10 minimum
(Verified Non-Profit)

2: GoFundMe.com – CIRFSM.ORG
(PayPal Giving Fund (Verified Non-Profit))

3: FACEBOOK – Cars, Insurance and Repairs for Single Mothers, Inc. (**Network for Good**
(Verified Non-Profit))

4: CASH.APP - \$cirfsmorg

New to cash.app – CIRFSM.ORG want to invite you. 1: Text your email address to: 870-740-2569 and request a cash.app invite.

2: An Invite and referral code will be emailed to your email address.

3: Use this Invite and Code to sign up with cash.app.

100% Mobile Friendly. It's easy to use these features from any device. Using MasterCard, Visa, Discover, American Express Credit/Debit Card

Maximum Power

- Exercise Boost Brain Power and Gives YOU Energy
- Healthy Body = Healthy Mind
- Achievements Create Self Confidence

Take It to the Max!!!!

- Team UP - Family and Friends-
- Make the Most of This:

FITNESS DRIVEN FUNDRAISING EVENT

- Maximize YOUR Efforts
- **OVERACHIEVE** -
- Help Family and Friends

1: Get Started with a Fundraising Pamphlet

Also printable at: www.cirfsm.org
[EVENTS PAGE](#)

2: Make Their Pledge and Reach Their GOALS

A: 28+ Miles GOLD Certificate - Avg. 4 miles per day

B: 56+ Miles PLATINUM Certificate - Avg. 8 mpd
(Not a Requirement)

Promotions

- Raise 3 x's the Awareness of this Fitness Fundraiser using Share Tools via Email and Social Media to rally support.
- Encourage Friends and Family to Exercise and be Healthy

Ready! Set! Go!

Get Moving Today!!!