

# 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: Print Fitness Challenge Brochure  
at: [www.cirfsm.org](http://www.cirfsm.org)--EVENTS PAGE
- 2: Make Their Pledge and Reach Their GOALS

## CERTIFICATES OF ACHIEVEMENT

56+ Miles PLATINUM - Avg. 8 mpd  
28+ Miles GOLD - Avg. 4 mpd  
(Miles Per Day are Not a Requirement)

## PROMOTIONS

*Raise 3 x's the Awareness for this  
Fitness Fundraising Event using Share Tools via Email  
and Soial Media Encourage Friends and Family to  
Exercise and be Healthy*

### READY! SET! GO! GET MOVING TODAY!

*\*Folded & placed  
wearing gloves  
& a mask*

## CARS, INSURANCE AND REPAIRS FOR SINGLE MOTHERS, INC. 7 DAYS FITNESS CHALLENGE

**Walk, Run, Bike, Swim, Treadmill, Elliptical, Stroller,  
Dog Walk, and SPORTS**

**Use Activity Tracker-10K Steps = 4 Miles**



### Pledge, Exercise & Donate

Cars, Insurance and repairs for Single Mothers, Inc.  
Mission - Paying for Car Repairs - (tires, engine/transmission,  
tune-ups, brakes, batteries, maintenance warranties and more), Car  
Insurance and Buying Cars for Single Parents (Moms & Dads and  
Grandparents) providing for their Kids, Grandkids and  
themselves. At No Cost to Them...

Visit [www.cirfsm.org](http://www.cirfsm.org) - print additional Registrations Forms  
For More Information, Call 800-366-6314

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

# PARTICIPANTS GOAL - 10,000 + INDIVIDUALS

## MILEAGE AND PLEDGE GOALS CENTER

Name: \_\_\_\_\_ :  
 Email: \_\_\_\_\_ :

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

Days of Exercise GOAL: [ \_\_\_\_\_ ]

Total Mileage GOAL: [ \_\_\_\_\_ ]

Pledge Per Mile (\$s/cents) \_\_\_\_\_ x Miles \_\_\_\_\_ = \$ \_\_\_\_\_

**FORGING a Path for Single Parents and Grandparents**  
**FIGHTING for Better Days to Come!!**

### EXERCISE POWER

Print Your Fitness Club Brand Here (If any)

*Fitness Club with Highest Donations will  
 Receive a Trophy!*

**“ The Trophy Goes to ????? ”**

\*\*\*\*\*Upon Completion, Snapshot this page and \*\*\*\*\*  
 Emailt it to: [fitness@cirfsm.org](mailto:fitness@cirfsm.org)

## 7 DAYS MILEAGE CHALLENGE

Day 01 - Miles \_\_\_\_\_

Day 02 - Miles \_\_\_\_\_

Day 03 - Miles \_\_\_\_\_

Day 04 - Miles \_\_\_\_\_

Day 05 - Miles \_\_\_\_\_

Day 06 - Miles \_\_\_\_\_

Day 07 - Miles \_\_\_\_\_

Total Miles: \_\_\_\_\_

- A: Quarterly, Fitness Brand Raising the most Donations will be posted at [www.cirfsm.org](http://www.cirfsm.org)
- B: Together with the Grant Total of Miles Exercised by all Participants Nationwide

## DONATION ZONE

- We Make a Living by what we Get
- We Make a LIFE by What WE Give”

Donate Your Pledge at:

- 1: [greatnonprofits.org](http://greatnonprofits.org) - Cars, Insurance and Repairs for Single Mothers, Inc. - (Verified Non-Profit)
- 2: Organization's Website: [www.cirfsm.org](http://www.cirfsm.org)
- 3: [JustGiving.com/Fundraising](http://JustGiving.com/Fundraising) - Cars, Insurance and Repairs for Single Mothers, Inc. - (Verified Non-Profit)

**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 Boosts Brain Power and Gives YOU Energy**  
**Healthy Body = Healthy Mind**  
**Achievements Create Self Confidence**



iFit Axis HR/  
Activity Tracker



Cooling Towel

**WINNERS  
 WILL BE  
 SELECTED  
 WEEKLY!**