



FUNdraising Made Easy

Thank you for your interest in fundraising to support wounded warriors and their families through the Wounded Warrior Project® (WWP) Carry Forward® 5K. Your support impacts the lives of wounded warriors and their families. Try several of these fun ideas to increase your fundraising potential. Make sure to use your Participant Page to send emails to family and friends and share on social media (Facebook, Instagram, LinkedIn) to get the word out.

A to Z Fundraising Guide

A

★ AUCTIONS:

Auction off donations from local businesses or handmade gifts.



B

★ BIRTHDAY:

Request donations through social media to your Carry Forward fundraiser in lieu of gifts.



C

★ CHANGE JAR:

Have a change jar for yourself or challenge each Squad member to take a jar and see who is the first person to fill it up.



D

★ DANCE COMPETITION:

Hold a virtual dance competition to determine which friend or colleague has the best moves. Ask for donations and reward the winner with a trophy or donated prize.



★ DIY CLASS:

Organize a virtual at-home workout class or teach your favorite hobby for a donation to your fundraising page.

E

★ EMAIL:

Log in to your participant dashboard and send an email message to your friends and family to donate.

F

★ FACEBOOK:

Convert your fundraising page to a Facebook fundraiser from your dashboard and share why you are participating in Carry Forward and ask for donations.



★ FITNESS COMPETITION:

Test your strength with a push-up, squat, or sit-up contest. Up for a longer challenge? Make it a month-long biggest loser challenge where the competitor who loses the most weight or sees the biggest change wins a prize. Charge an entry fee.



G

★ GIVE IT UP CHALLENGE:

Give up your morning coffee or weekly movie for a few months and donate the saved funds to your fundraiser.

★ GARAGE SALE:

Collect donated items and coordinate a virtual garage sale. Advertise the sale wherever you can and make sure you mention that all donations benefit Carry Forward efforts.



H

★ HOT DOGS AT WORK:

Host a hot dog lunch at work and charge a fee.



★ HONOR A VETERAN:

Make or ask for donations to your fundraiser in honor of a veteran.

I

★ INSTAGRAM:

Share one of the social sharecard resources to your profile or story and encourage followers to donate.



★ ICE CREAM SOCIAL:

Have an ice cream social in your community or at work and ask attendees to donate.



J

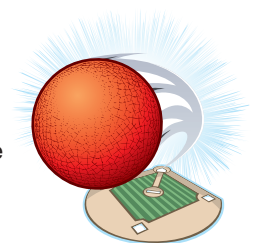
★ JEANS DAY:

Work with HR and have co-workers donate \$5 to wear jeans on a designated day each month.

K

★ KICKBALL TOURNAMENT:

Gather your friends, family, or coworkers and collect an entry fee for an ultimate kickball game.



Carry Forward FUNdraising Made Easy

L

★ LUNCH WITH THE CEO OR A CELEBRITY:

Auction or raffle off a special lunch with your company's CEO or a local celebrity.



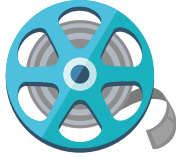
M

★ MATCHING GIFTS:

Find out if your company has a matching gift program. You could double your funds!

★ MOVIE NIGHT:

Host a movie night at a local park or friend's house. Collect donations to enjoy popcorn and a movie.



N

★ NO CONTACT DELIVERY:

Offer to pickup someone's groceries or deliveries for a donation.



O

★ OFFICE GAMES:

Host games like a typing competition, best Zoom background, etc. Ask participants to donate an entry fee.



P

★ POST PHOTOS:

Share your training photos or the reason you Carry Forward on social media and ask for support through donations.



Q

★ QUIZ BOWL:

Hold a trivia night at a local establishment. See if the restaurant will donate a portion of the night's proceeds to your Squad and provide gift cards for the trivia winners.



R

★ RUCK MARCHES:

Train for Carry Forward on weekend marches with your friends and colleagues. Ask for donations to sponsor your march or collect entry fees for those participating.

S

★ STREAM TO SERVE:

Play games, livestream, and raise funds to help veterans on their journey to recovery with WWP Stream to Serve (WWPStreamToServe.org).



T

★ TRIVIA:

Host virtual trivia with your office or family. Collect an entry fee to participate.

★ TWENTY-FOUR HOUR CHALLENGE:

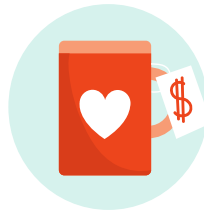
Challenge yourself and your Squad to fundraise around the clock. Try getting a donation every hour!



U

★ UNWANTED GIFT SALE:

Have your Squad donate their unwanted holiday gifts. Sell them for donations toward your Squad's fundraising goal.



V

★ VACATION DAY:

Ask your employer if the company can offer a paid vacation day as a prize for a fundraiser.



W

★ WEAR IT:

Wear a white T-shirt and collect donations for friends and family to sign your shirt or paint hand prints. They will now be a part of your journey every step of the way.



X

★ XTRA MILES:

Ask your friends and family to donate and challenge you to walk extra steps in your training for Carry Forward 5K.



Y

★ YOGA ACTIVITY:

Do an after-yoga brunch or lunch and invite your friends to donate and have a good time while eating healthy.



Z

★ ZZZ:

Make a donation to catch some extra shut-eye and go into work late on Friday. Only if the boss approves, of course!



★ HAVE QUESTIONS? ★

EMAIL carryforward@woundedwarriorproject.org