



Jamaica Cancer Society **RELAY FOR LIFE** Team Fundraising Tips **How to raise \$2500 in 10 days!**

Day			Total
1	Put in your own \$200 donation	\$200	\$ 200
2	Ask your spouse for \$200	\$200	\$ 400
3	Ask two co-workers to donate \$100 each	\$200	\$ 600
4	Ask three friends to donate \$200 each	\$600	\$1200
5	Ask two relatives for \$200 each	\$400	\$1600
6	Ask a neighbour to donate \$100	\$100	\$1700
7	Ask three people from church to donate \$100 each	\$300	\$2000
8	Ask your supervisor to donate \$200	\$200	\$2200
9	Ask another neighbour to donate \$100	\$100	\$2300
10	Ask two friends of your parents to donate \$100 each	\$200	\$2500

How to raise \$5000 in 10 days!

Day Total

1	Put in your own \$250	\$250	\$250
2	Ask four family members to \$250 donation	\$1000	\$1250
3	Ask three friends to donate \$250 each	\$750	\$2000
4	Ask two co-workers to donate \$100 each	\$200	\$2200
5	Ask your supervisor to donate \$250 each	\$250	\$2450
6	Ask two local merchants to donate \$250 each	\$500	\$2950
7	Ask three neighbours to donate \$150 each	\$450	\$3400
8	Ask two doctors/dentists to donate \$500 each	\$1000	\$4400
9	Ask three people from church to donate \$100 each	\$300	\$4700
10	Ask three friends of your parents to donate \$100 each	\$300	\$5000



Fundraising Ideas for Relay For Life

- Organize a dress up day at work and ask for donations. (Seek permission first from company Head)
- Hold a cake or craft sale and ask persons to support the cause
- Ask your manager to match your fundraiser goal.
- Organize a movie night and sell tickets.
- Hold a quiz night, karaoke night or talent show
- Host a dinner party and ask your friends to donate the money they would normally spend at restaurant.
- Put together two rival teams and challenge them to a grudge match.
- Put on a 24 hour dance or gaming tournament and show you have what it takes to Relay all night!
- Update and promote your personal and team fundraising pages at IG:
<https://www.instagram.com/jamaicacancersociety876/> or FB:
<https://www.facebook.com/jamaicacancersociety>.
- Encourage your friends, family and colleagues to donate online the Jamaica Cancer Society for the event and thank them!
- Facebook, Twitter, Instagram and emails can be a huge help.
- Don't forget to let everyone know why you're Relaying Explore ways you can use your own interests to fundraise.
- Ask local businesses to donate the Jamaica Cancer Society for the event
- Bank your fundraising money as you go at the Jamaica Cancer Society. It's great seeing your fundraising tally rise on your team page, and your total can be announced at the closing ceremony.
- Thank, thank and thank your supporters. Let them know how grateful you are, and do it as personally as you can – no matter how big or small the donation.