



## CAN I COUNT ON YOU?

Please complete this pledge to become one of my personal sponsors while I get out and get active to spread awareness, advocate, and raise crucial funds for the Tourette Syndrome and Tic Disorder community throughout Awareness Month, May 15 – June 15, 2021. Every dollar raised helps the Tourette Association of America continue research, support, programs, and providing **free** resources!

### Donor Information:

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

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

### Pledge Information:

I/We pledge a total of \_\_\_\_\_ to be paid:  One time  Daily  Weekly  Monthly  Quarterly

I/We plan to make fulfill this pledge by:  Cash  Check  Credit/Debit Card

Credit/Debit Card Number: \_\_\_\_\_

Credit/Debit Card Type: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Authorized Signature: \_\_\_\_\_

Is the billing address the same as the donor information above?  Yes  No

If no, please enter billing address: \_\_\_\_\_

**You will receive an acknowledgement letter from the Tourette Association of America for your generous tax-deductible contribution.**

Please make checks payable to: **\*Checks MUST INCLUDE MXX21MTX in the memo.\***  
Tourette Association of America

### Remittance Address:

FIS Lockbox #11472

Attn: Tourette Assoc of America

100 Grove Road, Suite F

West Deptford, NJ 08066



# Ways to ask!

- Ask family and friends to donate a specific dollar amount towards every minute, half hour, hour, day, etc. of activity. Or you could even ask them to join your team!

For example:

- Mom! Will you donate a penny for every step I take throughout the month?
- Grandma, will you donate \$5 for every half hour I swim throughout the month?
- Friend, will you join my team and get active with me?

# Ways to get active!

**Make sure to have fun doing any type of outdoor activity and share your photos and story along the way!**

- Track your steps and log them or share screenshots of your progress throughout the month.
- Take your dog for a walk.
- Go for a swim.
- Play a sport.
- Fly a kite.
- Toss a frisbee around.
- Jump rope.
- Go for a bike ride.
- Take a hike.
- Bounce around on a hopper ball.
- Pull out the sidewalk chalk and show us your Hopscotch skills.
- Build your own obstacle course.
- Join a yoga/meditation/fitness/exercise class.
- Be creative and share how you choose to get active!