

## Make your challenge a success

Thank you for supporting Walk for Him.

Every dollar you raise will help fund life-saving research, awareness and support services for men and families impacted by prostate cancer. We've put together some simple tips to help you step up your fundraising.

### BACK YOURSELF



**Kick things off with a donation to your own fundraising page.** This simple step will highlight to your friends and family how dedicated you are to supporting men and families impacted by prostate cancer. Your supporters will be motivated to match your generosity.

### WHAT'S YOUR WHY?



When you share why you're choosing to Walk for Him, people are drawn in, and motivated to support you. **Share your personal story and connection to the cause** by editing your page through your fundraising dashboard.

### REMIND AND REPEAT



We all get busy... **It's okay to remind friends and family to donate**, or send a follow-up email to a local sponsor. People often want to support you but get busy and will be grateful for the reminder.

### SHARING IS CARING



Every time you share details of your Walk for Him with friends and family via social media you'll not only raise more funds, but you'll increase awareness of prostate cancer and the 70 men diagnosed with the disease each day. **Tag @pcfa\_oz in your social media posts and use #walkforhim.**

### USE YOUR RESOURCES



We have some great resources on the website to support your campaign as well as a helpful FAQ section. If you need help using your dashboard or want to chat through some fundraising ideas reach out! You can contact us on **1800 22 00 99** or [walkforhim@pcfa.org.au](mailto:walkforhim@pcfa.org.au)

### BREAK IT DOWN



Break down your goal into smaller steps. **Think of three people who would support your fundraiser and message them directly.** Then think of another three. Every donation makes a difference and quickly adds up!



Prostate Cancer  
Foundation of Australia

Take strides to save lives this  
Men's Health Week.

Men's Health Week  
9 - 15 June

[walkforhim.org.au](https://www.walkforhim.org.au)

WALK THE WALK

