



## Team Goal-Setting Worksheet

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

Team Captain: \_\_\_\_\_

Co-Captain(s): \_\_\_\_\_

If applicable, start with your results from last year. Our Walk & Roll to Cure FSHD Teams raise the vast majority of funds -- participants that are part of a Team raise an average of \$420 each!

Previous Year's Results	This Year's Goals!
<b># of team members:</b>	<b># of team members:</b> (20% increase = number of participants last year x 1.2)
<b>Total amount raised:</b>	<b>Minimum goal: \$</b> _____ (Team member goal x team member average)
<b>Average per team member: \$</b> _____ (Total raised /number of team members)	<b>STRETCH GOAL! \$</b> _____ (#team members x \$408 average)

### Make a Plan! Work the Plan!

- Customize your team webpage – tell your FSHD story; add pictures; link to a video; connect to your social accounts.
- Invite friends, family, co-workers, acquaintances, and friendly strangers to join your team! Think about a co-captain to help rally the troupes.
- Send a follow up invitation... once will not be enough for most people. 😊
- Welcome new team members and share your team goals. Encourage them to customize their personal page, invite a friend to join, and begin their fundraising.
- Send occasional updates, celebrations and “shout outs” to your team members.
- Illustrate the impact they can and are making. Connect their efforts to research progress by sharing a blog post, sending them to the Therapeutic Accelerator page, etc.
- Make a plan to make event day rock! Walking at an in-person event or walking “virtually” in a small group? Custom team t-shirts or themed attire? Meeting for coffee in advance of the walk or going out to lunch after?
- Thank your team members for all they are doing/have done and have them “mark their calendar” for next year!