

EMAIL: There is Still Time

SUBJECT:

Just following-up...

MESSAGE:

Hi [Name],

The Move, Groove & Improve Challenge started [insert how long ago] and goes until Saturday, August 14, 2021. I am participating [by myself or with my team, [insert Team Name]], to exercise for [insert number of minutes] minutes!

[IF IN A TEAM: My team, [insert Team Name], will be working together to collectively exercise for [insert number of minutes] minutes.] My personal goal is to [insert type of exercise(s)] for [insert number of minutes] minutes during this time. Keep up with my progress and donate on my campaign page at [insert personal campaign page link].

If I raise a minimum of \$300 I will get a special signature event sweater and be entered into a draw to win a Smart Watch Fitness Tracker! Help me raise money to strengthen opportunities for people living with disabilities and win a prize!

Donate on my campaign page at [insert personal campaign page link] or you can help by sharing my page with your friends and family with the #MoveGrooveImprove hashtag.

Thank you in advance for your support during the Move, Groove & Improve Challenge!

Thanks,

[Insert Name]