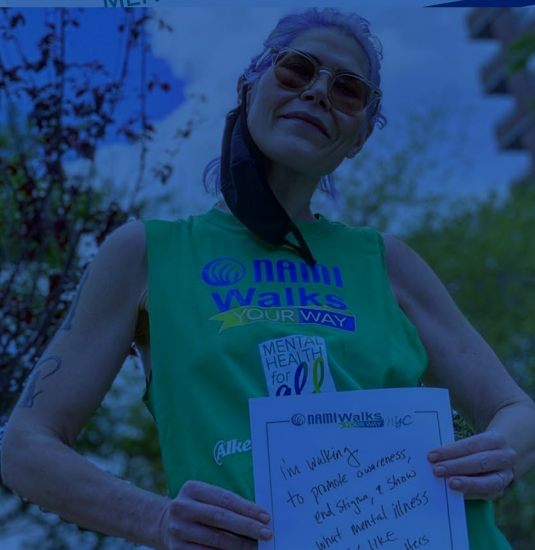




**NAMIWalks** supports **NAMI**  
 And NAMI supports the  
**1 in 5** who experience mental illness  
 And the **5 in 5** who are affected by it.  
**YOU ARE NOT ALONE.**  
 From every corner of the country  
 For every age and every background,  
**We walk, on the streets or in our hearts.**  
 In a time of challenge and change,  
 We are united even when we appear alone.  
 Mental health is not for some.  
**MENTAL HEALTH IS FOR *all*.**



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

# **namiWalks** A NATIONAL DAY OF HOPE **YOUR WAY**

**SATURDAY, OCTOBER 10, 2020**

## **The 10/10 Challenge**

Do 10 activities in 10 days leading up to 10/10:  
 A National Day of Hope

1. Share your fundraising page on social media and let people know NAMIWalks Your Way is 10 days away!
2. Recruit at least one new team member.  
 New Team Member: \_\_\_\_\_
3. Do a “self-care” activity such as yoga, walking your dog, reading, etc.  
 Self Care Activity: \_\_\_\_\_
4. Get 10 friends to donate \$10 or more to your NAMIWalks Your Way fundraising page. Check them off below.  
 1 2 3 4 5 6 7 8 9 10
5. Send a card to a family member or friend to let them know you are thinking of them.  
 Card sent to: \_\_\_\_\_
6. Meet with your team to talk about what you will do on virtual walk day.  
 Group Call/Chat/Meeting Date: \_\_\_\_\_
7. Email or text 10 friends asking them to donate to your fundraiser. Check them off below.  
 1 2 3 4 5 6 7 8 9 10
8. Share a photo of your [Sign of Hope](#) on social media using the #mentalhealthforall and #notalone
9. Record the [NAMIWalks Rallying Call](#) and share on social media.
10. Tell your friends what you are doing for NAMIWalks Your Way on A National Day of Hope and remind people to donate! Remember to hashtag #mentalhealthforall and #notalone.

Email your completed form to: \_\_\_\_\_