

farmgirlfit

PENNIES FOR PULLUPS 2017

What Is It?

Pennies for Pull-ups is the annual charity fundraiser of Farmgirlfit. Each year this is how Farmgirlfit celebrates their anniversary: a challenge for the members and an opportunity to give back to the local community that supports them year-round. This year is the **6th Anniversary for the Spokane location and 3rd in Coeur d'Alene!**

How Does It Work?

Each day in October, Farmgirlfit members are challenged to complete the number of pull-ups corresponding to the date:

- October 1st – do 1 pull-up
- October 2nd – do 2 pull-ups
- October 3rd – do 3 pull-ups, and so on, until
- October 31st – do 31 pull-ups!

By the end of the month, if a member completes the FULL challenge, she will have done **496 pull-ups!** There's also a bonus option to complete 4 more on the last day to join the **500 Club**.

For every pull-up completed during the month, Farmgirlfit will donate 1 penny (\$0.01) to a local charity. Last year, it was 71,148 pull-ups!



Who Benefits?

This year, 100% of the funds raised will be donated to **Every Woman Can**. Every Woman Can is on a mission to save lives throughout the Inland Northwest, raising funds to grant to local community organizations who provide breast health education, facilitation of patient navigation and support to survivors:



- ✓ **Awareness.** Every Woman Can, 1 in 8 will get breast cancer.
- ✓ **Wellness.** Breast cancer is not preventable; however healthy choices reduce the risk.
- ✓ **Education.** Mammograms save lives. Beginning at age 40, get your annual mammogram.

My Personal Goal is:

Will YOU match Farmgirlfit's pledge, by sponsoring me 1¢ for EVERY pull-up I complete in October?

Donation Collection

I will come collecting the first week of November. Payment can be made via Cash, Check (payable to Farmgirlfit OR to Every Woman Can), or PayPal to info@farmgirlfit.com. For PayPal, please specify it for "Friends and Family."