

YOUR JDRF ONE WALK STEP CHALLENGE MEMORY JOGGER

Who can you ask to support your mission to defeat type 1 diabetes? The short answer is anyone! Check out this list of people you can ask and start rallying the troops.

FAMILY & FRIENDS

- | | |
|--|--|
| <input type="checkbox"/> Parents | <input type="checkbox"/> University friends |
| <input type="checkbox"/> Grandparents | <input type="checkbox"/> People from past jobs |
| <input type="checkbox"/> Brothers | <input type="checkbox"/> People I grew up with |
| <input type="checkbox"/> Sisters | <input type="checkbox"/> Play sport with |
| <input type="checkbox"/> Aunts | <input type="checkbox"/> Neighbours |
| <input type="checkbox"/> Uncles | <input type="checkbox"/> Partner |
| <input type="checkbox"/> Cousins | <input type="checkbox"/> School friends |
| <input type="checkbox"/> In-Laws | <input type="checkbox"/> Overseas family and friends |
| <input type="checkbox"/> Best man | |
| <input type="checkbox"/> Bridesmaids | |
| <input type="checkbox"/> Children's friends' parents | |

ACQUAINTANCES

- | | |
|---|---|
| <input type="checkbox"/> Accountant | <input type="checkbox"/> Dentist |
| <input type="checkbox"/> Barista | <input type="checkbox"/> Dietician |
| <input type="checkbox"/> Butcher | <input type="checkbox"/> Doctor |
| <input type="checkbox"/> Personal trainer | <input type="checkbox"/> Gardener |
| <input type="checkbox"/> Auditor | <input type="checkbox"/> Office cleaner |
| <input type="checkbox"/> Babysitter | <input type="checkbox"/> Electrician |
| <input type="checkbox"/> Hairdresser | <input type="checkbox"/> Plumber |
| <input type="checkbox"/> Chiropractor | |

WHO ELSE?

- | | |
|--|--|
| <input type="checkbox"/> OOSH | <input type="checkbox"/> Library |
| <input type="checkbox"/> Day care | <input type="checkbox"/> Local band |
| <input type="checkbox"/> Bowls | <input type="checkbox"/> Local shops |
| <input type="checkbox"/> Church, Synagogue etc | <input type="checkbox"/> Market |
| <input type="checkbox"/> Bingo | <input type="checkbox"/> Night Club |
| <input type="checkbox"/> Chamber of Commerce | <input type="checkbox"/> Nursing Home |
| <input type="checkbox"/> Coffee shop | <input type="checkbox"/> Pharmacy |
| <input type="checkbox"/> Construction site | <input type="checkbox"/> Post Office |
| <input type="checkbox"/> Cooking class | <input type="checkbox"/> Probus |
| <input type="checkbox"/> Council | <input type="checkbox"/> Pub |
| <input type="checkbox"/> Deli | <input type="checkbox"/> Restaurant |
| <input type="checkbox"/> Grocery store | <input type="checkbox"/> Rotary Club |
| <input type="checkbox"/> Footy club | <input type="checkbox"/> School |
| <input type="checkbox"/> Government | <input type="checkbox"/> Tennis clubs |
| <input type="checkbox"/> Garden Centre | <input type="checkbox"/> Theatre |
| <input type="checkbox"/> Golf course | <input type="checkbox"/> University |
| <input type="checkbox"/> Gym | <input type="checkbox"/> Volunteer group |
| <input type="checkbox"/> Hospital | <input type="checkbox"/> Yacht club |
| <input type="checkbox"/> Hotel | <input type="checkbox"/> Yoga |
| <input type="checkbox"/> Kennels | <input type="checkbox"/> Workplace |

GOT SOME IDEAS? NOTE THEM DOWN HERE

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- ☐
- ☐

JDRF | **ONE WALK**
STEP CHALLENGE

#JDRFBlueArmy #typeonetotypenone

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