



**50 contacts in 5 minutes**

**Here's a quick way to think of family, friends and acquaintances who could help you build your Walk team. You'll be surprised by how fast your list can grow.**

- **Write down the names of 5 relatives**
- **Write down the names of 5 friends**
- **Write down the names of 5 co-workers**
- **Write down the names of 5 neighbors**
- **Write down the names of 5 church or social group contacts**
- **Write down the names of 5 people you do business with (dermatologist, bank, grocer, hair stylist, mechanic)**
- **Write down the names of 5 people who have invited you to a home party**
- **Write down the names of 5 spouses' co-workers or their spouses**
- **Write down the names of 5 former co-workers or neighbors**
- **Write down the names of 5 contacts through your children's associations (PTA, Scouts, sports, teams, clubs)**

**Now that you've compiled a long list of potential team members, get in touch and invite them to join your team. Include a link to your team's Web site to make it easier!**