

Step forward

for a life unlimited



Sweepstake

Step 1: Get ready

Source a prize for your sweepstake, and fill out the details at the top and bottom of the poster.

Step 2: Get set

Ask your friends, family and colleagues if they'd like to take a guess of your total number of steps for a suggested donation. Then get them to fill out their guess/name in a box.

Step 3: Go!

Announce the winner on the date you've mentioned on your poster.

Step 4: Don't forget

Return your donations to Cystic Fibrosis Trust – details on the back of this poster – and don't forget to include your name and that you're taking part in Step Forward so we can add it to your fundraising total.



Step forward



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cysticfibrosis.org.uk



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REGULATOR**

Uniting for a life unlimited