

Your Breakthrough T1D One Walk Memory Jogger

Who can you ask to support your Walk to create a world without type 1 diabetes?
The short answer is anyone! Check out this list of people you can ask and start contacting your supporters.

Family & friends

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

Acquaintances

- | | |
|---|---|
| ☐ Accountant | ☐ Dentist |
| ☐ Barista | ☐ Dietician |
| ☐ Butcher | ☐ Doctor |
| ☐ Personal trainer | ☐ Gardener |
| ☐ Auditor | ☐ Office cleaner |
| ☐ Babysitter | ☐ Electrician |
| ☐ Hairdresser | ☐ Plumber |
| ☐ Chiropractor | |

Who else?

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

Got some ideas?

Note them down here

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- ☐
- ☐
- ☐
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@BreakthroughT1Dau  

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