



Send 30+ texts asking friends and family to sponsor you by texting your **PERSONAL KEYWORD** to **71777**.



# Tracking Sheet

Please list the 30 people to whom you will send texts/emails, documenting the dates, the outcomes and any notes as you communicate with each person.

|    | Name | Date of Initial Contact | Date of Follow-Up | Date of Follow-Up | Outcome/Notes |
|----|------|-------------------------|-------------------|-------------------|---------------|
| 1  |      |                         |                   |                   |               |
| 2  |      |                         |                   |                   |               |
| 3  |      |                         |                   |                   |               |
| 4  |      |                         |                   |                   |               |
| 5  |      |                         |                   |                   |               |
| 6  |      |                         |                   |                   |               |
| 7  |      |                         |                   |                   |               |
| 8  |      |                         |                   |                   |               |
| 9  |      |                         |                   |                   |               |
| 10 |      |                         |                   |                   |               |
| 11 |      |                         |                   |                   |               |
| 12 |      |                         |                   |                   |               |
| 13 |      |                         |                   |                   |               |
| 14 |      |                         |                   |                   |               |
| 15 |      |                         |                   |                   |               |
| 16 |      |                         |                   |                   |               |
| 17 |      |                         |                   |                   |               |
| 18 |      |                         |                   |                   |               |
| 19 |      |                         |                   |                   |               |
| 20 |      |                         |                   |                   |               |
| 21 |      |                         |                   |                   |               |
| 22 |      |                         |                   |                   |               |
| 23 |      |                         |                   |                   |               |
| 24 |      |                         |                   |                   |               |
| 25 |      |                         |                   |                   |               |
| 26 |      |                         |                   |                   |               |
| 27 |      |                         |                   |                   |               |
| 28 |      |                         |                   |                   |               |
| 29 |      |                         |                   |                   |               |
| 30 |      |                         |                   |                   |               |