



POUNDS FOR THE POOR

a program of toysofhope.org 100 % of donations are used to help needy and homeless children.

Let your weight loss bring a smile to a child's face
While raising money for needy children and losing a few (or more) pounds in the process!

- Set a 12 week goal: lose weight • get healthy • feel good
- Get sponsors: a friend • a family member • a colleague
- Raise money for needy children

MY GOAL (12 week period, choose one)	MY PLEDGE
Start Date _____ My Goal is to:	I will donate to Toys of Hope
.. Lose _____ Pounds	\$ _____ for every pound I lose
.. Work out at the Gym _____ times	\$ _____ for every time I work out
.. Create your own goal	\$ _____ for every _____
My Contact Information	
Name _____ Full Address: _____	
Cell Phone: _____ Home Phone: _____ Business Phone: _____	Email: _____

My sponsors are:

My Sponsor will donate \$ _____ per item		My Sponsor will donate \$ _____ per item	
Name _____	Company _____	Name _____	Company _____
Full Address: _____		Full Address: _____	
Phone Cell / Home: _____	Business Phone: _____	Phone Cell / Home: _____	Business Phone: _____
Email Address _____		Email Address _____	
My Sponsor will donate \$ _____ per item		My Sponsor will donate \$ _____ per item	
Name _____	Company _____	Name _____	Company _____
Full Address: _____		Full Address: _____	
Phone Cell / Home: _____	Phone Cell / Home: _____	Phone Cell / Home: _____	Phone Cell / Home: _____
Email Address _____		Email Address _____	

Please make checks payable to Toys of Hope. In the memo write Pounds for the Poor and mail to Toys of Hope, Inc. P.O. Box 1247, Huntington, NY 11743. (631) 421-6866 or (631) 470-0254 (Melissa Doktofsky)

Since 1994, Toys of Hope has provided toys, books, clothing, activities and other items to 50,000 needy and homeless children a year. Toys of Hope is an all volunteer charity and 100% of all donations are used to help children, families, and pets. Registered with the State of NY and the IRS as a 501(c)(3) organization, contributions are tax deductible.