



BreatheStrong CF

FUNDRAISING SUPPORT

Your Go-To Guide for Fundraising Success

You're not just raising money, you're fueling hope, strength, and possibility for people living with cystic fibrosis. Whether you're rallying a team or going solo, this kit is your go-to guide to make fundraising fun, easy, and impactful.

Inside, you'll find customizable resources, tips, and templates to help you spread the word, build momentum, and hit your goals. From social media ideas to email templates and more - we've got you covered.

Need something specific? We love creative challenges! Reach out to the BreatheStrong CF Team anytime. We're here to help you dream big and make it happen.

Let's get started because every mile, every dollar, and every share brings us closer to stronger lungs and stronger lives.

Kick things off with these five simple steps:



SET YOUR GOAL

Aim High! Every dollar makes a difference.



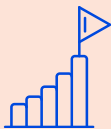
COMPLETE OUR INTENT FORM

We'll provide a dedicated fundraising page and flyer



SPREAD THE WORD

Use the tools below to rally your crew.



KEEP MOMENTUM GOING

Celebrate milestones and thank supporters.



CELEBRATE YOUR IMPACT

You're changing lives. That's a big deal!





MAKE AN IMPACT!

Our Vision

At BreatheStrong CF we envision a new era in which people with cystic fibrosis rise above and go beyond perceived limitations.

Our Mission

BreatheStrong CF advances the wellbeing of people with cystic fibrosis through education, direct support, and opportunities to thrive.

At BreatheStrong CF, we're on a mission to help people with cystic fibrosis live stronger, healthier lives right now. Through exercise grants, critical needs initiatives and our dynamic BreatheStrong+ virtual wellness program, we are breaking down barriers to fitness, nutrition, and mental health. We're here to make wellness accessible and impactful, empowering individuals of all ages to move more, feel better, and stay motivated all year long.

We invite you to explore our [website](#) and join us in changing lives through the power of movement, strength, and support.



Staying physically active is important for lung health and quality of life for people with cystic fibrosis.

2025 Exercise Grants



718

EXERCISE GRANTS GIVEN



\$448,975

GRANT SUPPORT



\$625.31

AVERAGE GRANT



QUICK LINKS

[JUMP TO THE CHECKLIST](#)

[SUBMIT YOUR INTENT FORM](#)



**ASK FOR A
DONATION**



**EMAIL
TEMPLATES**



**SOCIAL MEDIA
TEMPLATES**



**BRANDING AND
ORGANIZATION
RESOURCES**



**PASSION
FUNDRAISER
IDEAS**



**BIRTHDAY
CALENDAR
FUNDRAISER**

NEED HELP? EMAIL RACHEL@BREATHESTRONGCF.ORG



Fundraising Checklist

My fundraising goal: _____

Get started!

- Submit the Intent to Fundraise Form.** Share your fundraising goal, tell your story and upload photos. Start [HERE](#).

We'll send you a link to your dedicated fundraising page. Keep track of your URL here:

My fundraising page URL/link: _____

- Test your page and make the first donation!** Making the first donation helps you understand the donation process and shows your commitment to those you'll ask for support.

Share your fundraiser

- Post on social accounts.** Be sure to tag @BreatheStrongCF and include a link to your fundraiser page URL. Ask at least three times. Plan several days between posts.

Date of 1st post: _____ **2nd post:** _____ **3rd post:** _____

- Identify your network.** Consider those who care about you and/or your cause and the best way to communicate. For example: Uncle Bob / Text ; Sally at work / Email & face to face

Family members: _____

Neighbors: _____

Co-workers: _____

Friends / family friends: _____

Clinicians: _____

Local businesses you frequent: _____

- Send emails.** Wait 4-5 days between emails and include "Reminder" in your subject line.

Date of 1st email: _____ **2nd email:** _____ **3rd email:** _____

continued on next page



Fundraising Checklist

Drive engagement

- Use your networks.** Ask others to help you spread the word and fundraise with you! Share the flyer with the QR code that BreatheStrong CF provides you.

I'll ask these people for help: _____
- Gamify the experience.** Use leaderboards, peer challenges, team goals or prizes!
- Share regular updates.** Use weekly emails, posts or texts to share progress and motivate teams.

Wrap up and follow up

- Celebrate and thank.** Send personalized thank-you emails or handwritten notes within a few days of donations. There are template emails in the fundraising kit. For those who give on social media platforms, like and comment on their donation notifications.
- Share impact!** Announce total raised, thank donors and explain how funds raised will support the CF community. Remember to tag @BreatheStrongCF in your posts so we can help share your good news.

NEED HELP? Email Rachel@BreatheStrongCF.org



SAMPLE EMAILS

Copy, paste, and edit from the templates below. Insert your personal fundraising link and add personal touches like family updates, photos, and more.

GENERAL DONATION ASKS

Option 1 - For the Warrior

We're rallying support for [CF INDIVIDUAL'S NAME] and the thousands of others living with cystic fibrosis today.

Cystic fibrosis (CF) is a lifelong genetic condition that makes something as simple as breathing a daily battle. Every day, [CF INDIVIDUAL] shows incredible strength, spending hours on treatments just to stay healthy and active. Our community has already accomplished so many milestones. Imagine what's possible with you in it!

BreatheStrong CF is here to support that effort today.

Thanks to generous donors, they provide:

- **Exercise grants** that help warriors build strength and improve lung function
- **Critical needs assistance** for families facing urgent challenges
- **BreatheStrong+**, offering activity challenges, ongoing wellness resources, and community support

Every donation directly helps someone living with CF live stronger, move better, and feel supported today.

Be the reason someone with CF breathes easier today and join the monthly giving community **The Core:**
<https://breathestrongcf.org/join-the-core/>

[INSERT FUNDRAISING LINK]

Option 2 - Fuel the Fight

Our family is proud to support **BreatheStrong CF** and the life-changing work they do for people living with cystic fibrosis - like [CF INDIVIDUAL'S NAME].

Life with CF is relentless: daily treatments, constant care, and endless appointments. But the strength and determination of individuals in our CF community inspires us every day.

BreatheStrong CF exists to meet that strength with support.

- BreatheStrong CF provides **exercise grants** so people with CF can safely build endurance and improve lung function.
- BreatheStrong CF offers **critical needs support** to help cover grocery and fuel expenses.
- Through **BreatheStrong+**, walking alongside CF warriors with fitness and wellness resources that meet them where they are.

This is the kind of care that creates real change. Help us continue showing up for those who need it most.
[INSERT FUNDRAISING LINK]



SAMPLE EMAILS

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Option 3 - Hope through Progress

We're stepping up for [CF INDIVIDUAL'S NAME] and supporting BreatheStrong CF to bring vital resources to the CF community.

While advancements in care are making a difference, people living with CF still face tough daily realities, especially those not eligible for newer treatments.

That's where BreatheStrong CF comes in.

They provide real-time support to meet those needs:

- **Exercise grants** that empower CF warriors to stay active and strong
- **Critical needs** funding to help families facing grocery and fuel needs
- **BreatheStrong+** wellness resources and community connection online

Your gift helps someone breathe stronger, feel better, and know they're not alone.

[INSERT FUNDRAISING LINK]

ASK OTHERS TO FUNDRAISE WITH YOU

We're raising life-changing funds in honor of [CF WARRIOR NAME], and we'd love for you to be part of our **BreatheStrong CF** efforts.

Your support goes directly toward:

- **Exercise grants** that improve physical health and quality of life
- **Critical needs funding** for CF families facing grocery and fuel needs
- **BreatheStrong+**, offering activity challenges, wellness resources, and community support

Here's how you can help:

1. Share my fundraiser with friends, family, coworkers and businesses: [INSERT LINK OR PLATFORM]
2. Make a donation.
3. Share why you're helping raise funds.

We believe in strength through support—and in a future where CF warriors can thrive. Thank you for standing with us.



SAMPLE EMAILS

Copy, paste, and edit from the templates below. Insert your personal fundraising link and add personal touches like family updates, photos, and more.

THANK THOSE WHO SUPPORT YOUR EFFORTS

Option 1 - To Donors

Thank you for your generous donation to support our BreatheStrong CF fundraiser.

Because of you, BreatheStrong CF can continue helping CF Individuals across the country live stronger, more vibrant lives. Your gift supports constant care. More individuals than ever living with cystic fibrosis received exercise grants to help them get stronger, breathe easier, and feel better (and we're just getting started!)

- Families across Georgia got help with groceries and gas during tough times
- Our BreatheStrong+ community is thriving with new challenges, motivation, and encouragement

While we've made great progress in CF care, the need is still urgent, and your support makes all the difference.

Want to do more?

- Share our campaign.
- Start a fundraiser of your own.
- Ask your employer about matching your gift
- Join The Core - BreatheStrong CF's monthly giving program.

Together, we are helping every warrior breathe strong.

[INSERT FUNDRAISING LINK]

Option 2 - To Fundraising Supporters

Thank you for stepping up to support BreatheStrong CF.

You are part of a movement that's changing lives—supporting people like [CF WARRIOR NAME] not just with hope, but with practical help and powerful programs:

- **Exercise grants** to build health and strength
- **Critical needs support** when families face grocery and fuel needs
- **BreatheStrong+**, offering activity challenges, wellness resources, and community support

This is the heart of what we do—and you make it possible.

Let's keep going. Keep sharing, fundraising, and spreading the word. You are helping CF individuals breathe strong and live well today.

[INSERT FUNDRAISING LINK]



SOCIAL MEDIA POSTS

Use the the social media posts below on your Facebook,
Instagram, or LinkedIn accounts.

Option 1 - A future without limits

We're proud to support BreatheStrong CF, an organization dedicated to helping individuals with cystic fibrosis live stronger, healthier lives today. From exercise grants to critical needs support, BreatheStrong CF steps up to help individuals today.

Please consider donating or joining our fundraiser to make a direct impact.
[INSERT LINK]



[Download](#) this frame to
insert your photo.

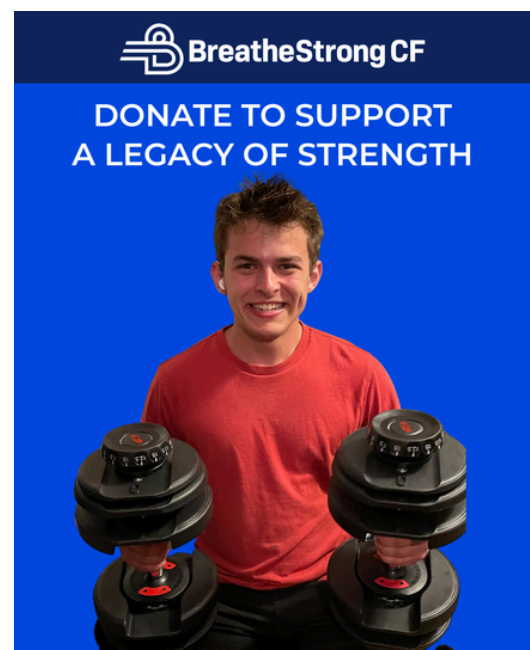
Option 2 - A Legacy of Strength

For [INSERT NUMBER OF YEARS PARTICIPATING], our family has proudly supported BreatheStrong CF to raise awareness and provide real help for those living with cystic fibrosis today.

Thanks to this community, [CF INDIVIDUAL'S NAME] has benefited from exercise grants to stay strong, support for grocery and fuel needs, and the BreatheStrong+ wellness program that enhances everyday life through online motivation and education.

BreatheStrong CF isn't focused on research or what might happen in the future. They are here to make a difference right now for people living with CF.

Will you join us in supporting warriors like [CF INDIVIDUAL'S NAME] today?
[INSERT FUNDRAISING LINK]



[Download](#) this frame to
insert your photo.



SOCIAL MEDIA POSTS

Use the the social media posts below on your Facebook,
Instagram, or LinkedIn accounts.

Option 3 - Fighting beside our warrior

[CF INDIVIDUAL'S NAME] is a true Champion facing each day with strength and determination while living with cystic fibrosis.

That's why we support BreatheStrong CF because they meet the real-life, everyday needs of people with CF. Whether it's through exercise grants, critical needs funding, or the BreatheStrong+ virtual wellness program, they're helping people today. Please continue to help us push our mission forward.

Will you stand with us and support immediate impact with a monthly or one-time gift?

[INSERT FUNDRAISING LINK]



[Download](#) this frame to
insert your photo.



BRAND AND ORGANIZATION RESOURCES



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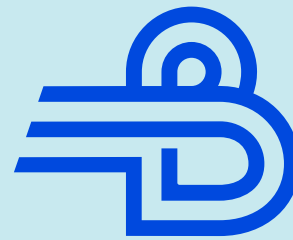


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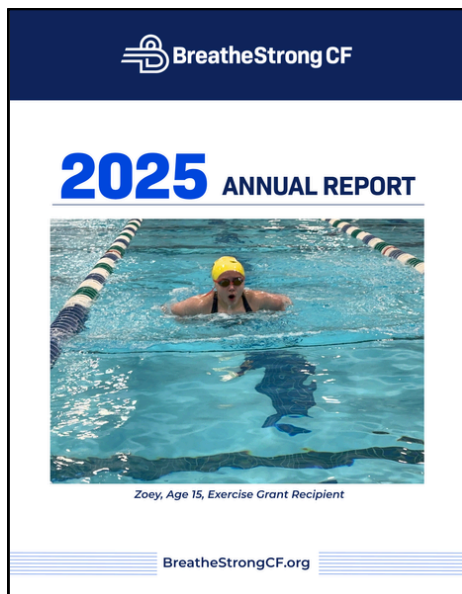
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[2025 BreatheStrong CF Annual Report](#)



[BreatheStrong CF Flyer](#)



PASSION FUNDRAISING

Make fundraising easy when you pair it with something you're passionate about. Here are just a few ideas!

Launch a Tribute Fundraiser

Honor a CF warrior in your life by raising funds in their name. Share their story and why this cause is important. This can be done anytime and is especially powerful during awareness months or anniversaries.

Host a Fitness Challenge

Start a personal or group fitness challenge (walk, run, bike, dance, yoga, etc.) and ask friends and family to sponsor your efforts. Set a goal like 65 miles in a month or 30 minutes of activity a day.

Create a Birthday Fundraiser

Celebrate your birthday by asking for donations to BreatheStrong CF in place of gifts. Use our [Birthday Calendar Fundraiser](#) to help! You can also set up a Meta (Facebook) fundraiser and select BreatheStrong CF as the beneficiary.

Organize a Mini Event or House Party

Host a backyard BBQ, game night, yoga class, or porch concert and collect donations. Keep it casual but connected to the mission consider short storytelling or video during the event.

Create and Sell Custom Items

Design t-shirts, bracelets, candles, or art prints and donate proceeds to BreatheStrong CF. Use platforms like Bonfire, Etsy, or Shopify to keep it simple and online.

Use Your Talents to Fundraise

Are you a chef, artist, musician, or photographer? Host a class, offer commissions, or donate a portion of your services in support of BreatheStrong CF.

Start a Workplace Giving Campaign

Ask your company to match donations or support a fitness challenge among coworkers. Offer a reward for the department that moves the most or raises the most.

Dedicate a Race or Event

Register for a local 5K, marathon, triathlon, or other endurance event, and use it as your personal fundraising platform. Share your training journey and impact goals.

Get Kids and Classrooms Involved

Engage children or schools in service-learning projects like coin drives, read-a-thons, or movement challenges that teach giving while supporting our mission.

Partner with Your Local CF Clinic to Make a Difference

Join us in partnering with your local CF clinic to bring strength, hope, and resources directly to those who need it most. Talk to your social worker or clinic coordinator about opportunities to fundraise in your community.



BIRTHDAY FUNDRAISER



Celebrate your birthday with this simple and impactful fundraiser! Each fundraiser downloads a calendar for their birthday month, and supporters “buy” days on it to raise funds for BreatheStrong CF.

Step-by-Step:

1. **Get your calendar:** Download your calendar from your birthday email or from our website at <https://breathestrongcf.org/birthday-fundraiser>
2. **Supporters choose a day:** A friend, family member, or supporter picks a date.
3. **They donate that amount:** If they choose the 15th, they give \$15. If they choose the 3rd, they give \$3. See more below about collecting and submitting donations.
4. **Fill it up:** Work toward filling the whole calendar. That's more than \$500 raised from one calendar!
5. **Track and share your progress:** Cross off or highlight each date as it's purchased and update the calendar on social platforms or in a periodic email/text.

Collect Donations

- To submit donations digitally: Collect donations through cash, checks, your personal venmo or paypal accounts. Email us the amount raised and a copy of your birthday calendar to Birthdays@BreatheStrongCF.org at the end of the fundraising month. We will send you a link to transfer funds to BreatheStrong CF via Paypal, Venmo, Zelle or credit card.
- To submit donations through the mail:
 - Checks written directly to the organization can be made payable to “BreatheStrong CF.” You may submit one check from the fundraiser and/or multiple checks from individual donors.
 - Turn-in: Place all checks in a envelope with a copy of your completed birthday calendar and your name before mailing to: BreatheStrong CF, PO Box 2984, Tucker, GA 30085

Why We're Fundraising

Cystic fibrosis (CF) is a rare, life-shortening disease that makes even breathing a challenge. There's no cure — just the daily fight to stay strong through treatments, nutrition, and exercise.

Your support helps people with CF live stronger, healthier lives through:

- Exercise Grants – Funding gym memberships, equipment, and fitness classes.
- Loretta Morris Memorial Fund Supporting Californians with CF through movement programs like dance, golf, equestrian therapy, and swimming.
- BreatheStrong+ – Building community and rewarding members for meeting wellness goals.
- Susan C. Burroughs Critical Needs Initiative Providing groceries and fuel to Georgia CF families in crisis.

Fundraiser Tips

Here are some ways to share your calendar and invite donations:

- Post your digital calendar on Facebook, Instagram, or other platforms.
- Bring your calendar to practice, games, or gatherings and ask teammates, friends, and family to pick a day.
- Send a text or email to close friends and family with a short message about why this fundraiser matters to you.

Let Us Help!

Have questions or ideas for your birthday fundraiser? We'd love to help! Email Birthdays@BreatheStrongCF.org