



## Mindfulness-A-Thon Sign-up Guide

**We are excited to kick off our fundraiser for April's Cushing's Awareness Month!**

You will create your pledge page to send to your network to not only collect pledges, but input the number of minutes you accomplish a mindful activity each day! Next, you can support us by using a mobile app that allows you to enter not only your minutes, but also list the TYPE of mindful activity you've completed! **To sign up as a participant, follow these easy steps:**


1. **Go to this link on your mobile device or computer desktop**, enter your name and email address and click "Add" - [www.99pledges.com/fund/cushings/addme](http://www.99pledges.com/fund/cushings/addme)

**Add Participant**  
Add a participant to Cushing's Mindfulness-A-Thon 2024

Participant Name


Your Email

Additional Email (optional)

I'm not a robot  reCAPTCHA  
Privacy Terms

**ADD** →

2. **Check your email for a message from Gretchen Jordan** that will contain a link to your profile management page and another link to send to your network for pledges. More advice on how to do this is in the FAQ sections.

Check out your new fundraiser page! 

**Gretchen Jordan** <support@99pledges.com> 9:58 /  
to me ▾

Hey tester,

You've been added as a participant in the Cushing's Mindfulness-A-Thon 2024 for Cushing's Support & Research Foundation.

Here's your page (SHARE this with others by email, text message, and Facebook!):  
<https://app.99pledges.com/fund/cushings/tester-tersty>

Your goal is **\$200**

Here's your private profile management page (Do NOT share this with anyone!):  
[https://app.99pledges.com/fund/cushings/tester-tersty/manage?manage\\_auth\\_token=uT0-9UTa63kxZ-Hs-ppPQA](https://app.99pledges.com/fund/cushings/tester-tersty/manage?manage_auth_token=uT0-9UTa63kxZ-Hs-ppPQA)

- Upload a profile picture
- Share by email and text message
- Log minutes each day

Feel free to email us at [gretchen@csrf.net](mailto:gretchen@csrf.net) with any questions.

Thanks so much for your support and good luck!

Gretchen Jordan  
Cushing's Support & Research Foundation

3. **Customize your page** with your photo, set your pledge and total minutes goals and personalize the participant message. Click 'Save'.

## Manage Participant

Gretchen Jordan

**Profile** Invite Track

+ add photo

The values below were set by your campaign administrator. You can update them at any time to help bring in the most support!

\$ Goal  
\$ 200 default value: \$200

Estimate # of Minutes  
200 default value: 200 Minutes

Update participant message

Dear Friends and Family,

Thank you for visiting my page. I am participating in the Cushing's Mindfulness-A-Thon to raise money for Cushing's research.

I'm excited because I want to help other patients to have an easier journey than I did. (insert personal thoughts or journey milestone)

I'm asking for sponsors to help me reach my fundraising goal. Will you help by making a pledge per activity or by making a simple flat donation?

Thank you for all of your support and encouragement!

SAVE

4. **On the Invite tab**, you can enter email addresses or a phone number to send a text to those you'd like to invite to pledge.

**Profile** **Invite** Track

*Invite Friends + Family (0)*

When you include an email address, we will send that person an email asking them to donate to your fundraiser. When you include a phone number, that person will receive a text message. You must get permission from that person before adding them here.

From	To
------	----

ADD INVITATION

5. **On the Track tab**, you will be able to enter the number of minutes you participate in a mindful activity each day! This will be recorded through the month of April and any pledge you collect that is based on a 'per minute' donation, rather than a flat amount, the donor will be charged at the end of the month depending on how many minutes you completed in the Mindfulness-A-Thon challenge!

Profile Invite **Track**

*Track minutes*

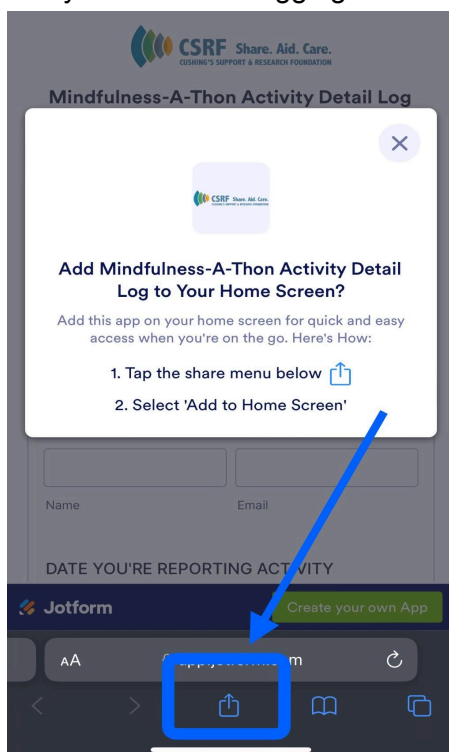
0 minutes tracked  
Of 200 estimated minutes

WEEK SUN MON TUE WED THU FRI SAT

1 Mar 31 Apr 1 Apr 2 Apr 3 Apr 4 Apr 5 Apr 6

**You're almost done!** For the second part, we have the option to help us track the TYPES of mindful activities you complete during the Mindfulness-A-Thon so CSRF can compile results and share how it's helped our Cushing's community enhance their lives! This is optional.

1. **On your mobile device, click the link for the CSRF Mindfulness-A-Thon Activity Log:**  
<https://app.jotform.com/240774392379165>
2. **A pop-up will appear** and you can add the app page to your phone's home screen to be easily available for logging minutes each day!



3. **Fill out the fields** with your full name, email, date of activity and a few words of your mindfulness activities for the day.

The screenshot shows a mobile app interface for the CSRFS Mindfulness-A-Thon. At the top is the CSRFS logo with the text 'CSRFS Share. Aid. Care. CUSHING'S SUPPORT & RESEARCH FOUNDATION'. Below the logo is the title 'Mindfulness-A-Thon Activity Detail Log' and a subtitle 'a companion log to the fundraiser page'. The main content area is titled 'Record your daily activity detail here.' with a sub-header 'Help us create a "mindfulness manual" of recommendations for patients!'. The form includes input fields for 'YOU' (Name and Email), a dropdown menu for 'DATE YOU'RE REPORTING ACTIVITY' (set to 'Please Select'), and a large text area for 'MINDFULNESS ACTIVITIES FOR TODAY'. At the bottom, there are 'Save' and 'Submit' buttons. A thank-you message is displayed below the text area: 'Thank you for your input, and good job taking time for yourself today! Try to do it again tomorrow...'

4. **Click 'Submit'** and your entry will be saved in the CSRFS Mindfulness-A-Thon Activity Log, and you're done! Go back to your phone's home screen CSRFS app and continue to submit your entries every day!

**If you need inspiration**, check out a list of possible mindfulness activities on the website and start tracking!

- The 99pledges website will collect pledges and your number of Mindfulness-A-Thon minutes of activity each day.
- The CSRFS Mindfulness-A-Thon Activity Tracker will help us see what type of mindful activities are most popular among our participants!

**Share your personal Mindfulness-A-Thon website** with friends, family, coworkers and on social media and begin collecting donations. All participants who meet each pledge level will earn prizes!