## SPEAK JAR

shutupchallenge.org.au



SHUT UP! FOR MND

It's okay if you slip up and speak during The Challenge - you're only human!

Set yourself a 'fine' amount (e.g. \$2.00) for every time you speak and use this sheet to keep track.

Donate the total 'fine' to your fundraising page at the end of the day.

TIMES SPOKEN X FINE AMOUNT = TOTAL TO DONATE

TIMES SPOKEN = FINE AMOUNT = \$

TOTAL FINE = \$