



TRAINER

BETA

ACTNORMALTRAINER.ORG

1



Sign Up and Join The Oaks' Act Normal Campaign

Getting started is easy. Go to ActNormalTrainer.org and click on "Get Started". Select "The Oaks Fellowship" as your campaign. Click "Join Campaign" to register.

2



Set Your Goals

Define what you want your "new normal" to be by deciding how many dollars to give and hours to serve. Not sure where to start? **Refer to the chart on the reverse side.**

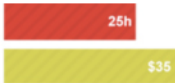
3



Find An Opportunity

Find a list of opportunities and ideas in your dashboard under the "What's Next" tab. From non-profit organizations to a neighbor in need, you can choose how to invest your time and/or money.

4



Log & Track Your Progress

Progress fuels progress and helps you stay motivated! Log hours served and dollars donated by going to your dashboard and clicking on the "Add Entry" button under the "Log Your Normal" tab. **You can also log your hours where you are by going to ActNormalTrainer.org on your smart phone.**

5



Spread Your New Normal

You can click on the "Share" button (available throughout the site) to let others know what you are doing via Facebook, Twitter or email.



Act Normal Trainer Goal Assessment Chart

Giving

ANNUAL GOAL	\$260	\$520	\$780	\$1,040	\$1,300	\$1,560	\$2,080	\$2,600	\$3,900	\$5,200	\$10,400	\$15,600	\$26,000	\$39,000	\$52,000
MONTHLY	\$21	\$43	\$65	\$86	\$108	\$130	\$173	\$216	\$325	\$433	\$866	\$1,300	\$2,166	\$3,250	\$4,333
WEEKLY	\$5	\$10	\$15	\$20	\$25	\$30	\$40	\$50	\$75	\$100	\$200	\$300	\$500	\$150	\$1,000

Serving

ANNUAL GOAL	52 hrs	104 hrs	156 hrs	208 hrs	260 hrs	312 hrs	364 hrs	416 hrs	468 hrs	520 hrs	572 hrs	624 hrs	676 hrs	728 hrs	780 hrs
MONTHLY	4 hrs	9 hrs	13 hrs	17 hrs	22 hrs	26 hrs	30 hrs	35 hrs	39 hrs	43 hrs	48 hrs	52 hrs	56 hrs	61 hrs	65 hrs
WEEKLY	1 hr	2 hrs	3 hrs	4 hrs	5 hrs	6 hrs	7 hrs	8 hrs	9 hrs	10 hrs	11 hrs	12 hrs	13 hrs	14 hrs	15 hrs



SUBMIT AN OPPORTUNITY

Are you part of a charity or non-profit organization?

People in organizations like yours blaze the trail in making compassion normal. We are thrilled to make the service opportunities you offer available through the Act Normal Trainer. Go to ActNormalTrainer.org to submit your opportunity and get others involved.



START A CAMPAIGN

Want a new normal for your organization or school?

Give team effort a whole new meaning. Your organization or school can make a bigger impact in your community by helping move compassion from niche to norm. Go to ActNormalTrainer.org to start a campaign for your organization or school.