

Use this timeline to guide you on your Susan G. Komen 3-Day® journey.

Event City and Date: **Denver, August 1-3, 2025**

6+ MONTHS TO GO

Date: February 1

- ☐ Read your [Fundraising Handbook](#)
- ☐ Get your first donation
- ☐ Subscribe to the 3-Day Blog
- ☐ Start a team and ask your family and friends to join
- ☐ Add coaches@the3day.org to your "safe" sender list
- ☐ Set up your Personal Page
- ☐ Send a fundraising email/letter
- ☐ Set up a Facebook Fundraiser from your 3-Day Participant Center.
- ☐ Download the Komen 3-Day app
- ☐ Go to [The3Day.org/Calendar](#) and add dates of upcoming events to your personal calendar! Don't forget to RSVP!
- ☐ Join the Facebook Group(s) for the event(s) you're doing.

5 MONTHS TO GO

Date: March 1

- ☐ Review our training resources at [The3Day.org/Training](#)
- ☐ Like the 3-Day Facebook page to connect and stay informed
- ☐ Like and follow the 3-Day on social media: Facebook (the3day), X (formerly Twitter) (the3day) and Instagram (komen3day). Use #The3Day when you post!

4 MONTHS TO GO

Date: April 1

- ☐ Send follow-up emails to potential donors
- ☐ Pass out 3-Day business cards to everyone you see
- ☐ Attend a Training Kick-Off event
- ☐ Contact your coach to check in. Ask questions & get help with your fundraising if needed.
- ☐ Ask your donors if their employers have a matching gift program
- ☐ Plan a fundraising event with your team
- ☐ Still looking for a team to join? Contact your coach
- ☐ Share that you're walking the 3-Day on social media, and ask your friends to join you
- ☐ Go to [The3Day.org/Calendar](#) and add dates of upcoming events to your personal calendar! Don't forget to RSVP!

3 MONTHS TO GO

Date: May 1

- ☐ Update your Facebook status with a fundraising message
- ☐ Invite more people to your Facebook Fundraiser
- ☐ Check the [The3Day.org/EventInfo](#) page for important event deadlines.
- ☐ Plan your travel to the event and make hotel reservations for before/after if necessary.
- ☐ Send follow-up emails to potential donors
- ☐ Update your friends & family on your training and fundraising progress
- ☐ Make sure you are getting 3-Day emails so you don't miss any important information or deadlines for online check-in, fundraising rewards or event details.

2 MONTHS TO GO

Date: June 1

- ☐ Attend an official training walk
- ☐ Put up a 3-Day poster at your workplace and pass out donation forms
- ☐ Join the conversation in the 3-Day Facebook Groups
- ☐ Complete Online Check-In
- ☐ Send follow-up emails to potential donors
- ☐ Check the [The3Day.org/EventInfo](#) page for important event deadlines.

1 MONTH TO GO

Date: July 1

- ☐ Attend an Event Prep webinar online
- ☐ Share photos of your training and fundraising progress on social media with #The3Day
- ☐ Attend an official training walk
- ☐ Send follow-up emails to potential donors
- ☐ Use the Komen 3-Day App to email, call or text donation requests from your phone

2 WEEKS TO GO

Date: July 13

- ☐ Invite your supporters to the Closing Ceremony
- ☐ Countdown to the 3-Day on Facebook or X (formerly Twitter) with #The3Day
- ☐ Don't forget to ask for donations!
- ☐ Start laying out your gear and packing your bag! (Use the packing checklist to ensure you haven't forgotten anything.)
- ☐ Send thank you notes to donors as donations arrive, then again after the event with some photo highlights

EVENT WEEK

Date: July 27

- ☐ Confirm your transportation to and from the event
- ☐ Share your excitement on social media with #The3Day
- ☐ Do one final fundraising push
- ☐ Embark on a life-changing 3-Day journey!

Use this timeline to guide you on your Susan G. Komen 3-Day® journey.

Event City and Date: New England, August 15-17, 2025

6+ MONTHS TO GO

Date: February 15

- ☐ Read your [Fundraising Handbook](#)
- ☐ Get your first donation
- ☐ Subscribe to the 3-Day Blog
- ☐ Start a team and ask your family and friends to join
- ☐ Add coaches@the3day.org to your "safe" sender list
- ☐ Set up your Personal Page
- ☐ Send a fundraising email/letter
- ☐ Set up a Facebook Fundraiser from your 3-Day Participant Center.
- ☐ Download the Komen 3-Day app
- ☐ Go to The3Day.org/Calendar and add dates of upcoming events to your personal calendar! Don't forget to RSVP!
- ☐ Join the Facebook Group(s) for the event(s) you're doing.

5 MONTHS TO GO

Date: March 15

- ☐ Review our training resources at The3Day.org/Training
- ☐ Like the 3-Day Facebook page to connect and stay informed
- ☐ Like and follow the 3-Day on social media: Facebook (the3day), X (formerly Twitter) (the3day) and Instagram (komen3day). Use #The3Day when you post!

4 MONTHS TO GO

Date: April 15

- ☐ Send follow-up emails to potential donors
- ☐ Pass out 3-Day business cards to everyone you see
- ☐ Attend a Training Kick-Off event
- ☐ Contact your coach to check in. Ask questions & get help with your fundraising if needed.
- ☐ Ask your donors if their employers have a matching gift program
- ☐ Plan a fundraising event with your team
- ☐ Still looking for a team to join? Contact your coach
- ☐ Share that you're walking the 3-Day on social media, and ask your friends to join you
- ☐ Go to The3Day.org/Calendar and add dates of upcoming events to your personal calendar! Don't forget to RSVP!

3 MONTHS TO GO

Date: May 15

- ☐ Update your Facebook status with a fundraising message
- ☐ Invite more people to your Facebook Fundraiser
- ☐ Check the The3Day.org/EventInfo page for important event deadlines.
- ☐ Plan your travel to the event and make hotel reservations for before/after if necessary.
- ☐ Send follow-up emails to potential donors
- ☐ Update your friends & family on your training and fundraising progress
- ☐ Make sure you are getting 3-Day emails so you don't miss any important information or deadlines for online check-in, fundraising rewards or event details.

2 MONTHS TO GO

Date: June 15

- ☐ Attend an official training walk
- ☐ Put up a 3-Day poster at your workplace and pass out donation forms
- ☐ Join the conversation in the 3-Day Facebook Groups
- ☐ Complete Online Check-In
- ☐ Send follow-up emails to potential donors
- ☐ Check the The3Day.org/EventInfo page for important event deadlines.

1 MONTH TO GO

Date: July 15

- ☐ Attend an Event Prep webinar online
- ☐ Share photos of your training and fundraising progress on social media with #The3Day
- ☐ Attend an official training walk
- ☐ Send follow-up emails to potential donors
- ☐ Use the Komen 3-Day App to email, call or text donation requests from your phone

2 WEEKS TO GO

Date: July 27

- ☐ Invite your supporters to the Closing Ceremony
- ☐ Countdown to the 3-Day on Facebook or X (formerly Twitter) with #The3Day
- ☐ Don't forget to ask for donations!
- ☐ Start laying out your gear and packing your bag! (Use the packing checklist to ensure you haven't forgotten anything.)
- ☐ Send thank you notes to donors as donations arrive, then again after the event with some photo highlights

EVENT WEEK

Date: August 10

- ☐ Confirm your transportation to and from the event
- ☐ Share your excitement on social media with #The3Day
- ☐ Do one final fundraising push
- ☐ Embark on a life-changing 3-Day journey!

Use this timeline to guide you on your Susan G. Komen 3-Day® journey.

Event City and Date: **Dallas/Fort Worth, October 24-26, 2025**

6+ MONTHS TO GO

Date: April 24

- ☐ Read your [Fundraising Handbook](#)
- ☐ Get your first donation
- ☐ Subscribe to the 3-Day Blog
- ☐ Start a team and ask your family and friends to join
- ☐ Add coaches@the3day.org to your "safe" sender list
- ☐ Set up your Personal Page
- ☐ Send a fundraising email/letter
- ☐ Set up a Facebook Fundraiser from your 3-Day Participant Center.
- ☐ Download the Komen 3-Day app
- ☐ Go to [The3Day.org/Calendar](#) and add dates of upcoming events to your personal calendar! Don't forget to RSVP!
- ☐ Join the Facebook Group(s) for the event(s) you're doing.

5 MONTHS TO GO

Date: May 24

- ☐ Review our training resources at [The3Day.org/Training](#)
- ☐ Like the 3-Day Facebook page to connect and stay informed
- ☐ Like and follow the 3-Day on social media: Facebook (the3day), X (formerly Twitter) (the3day) and Instagram (komen3day). Use #The3Day when you post!

4 MONTHS TO GO

Date: June 24

- ☐ Send follow-up emails to potential donors
- ☐ Pass out 3-Day business cards to everyone you see
- ☐ Attend a Training Kick-Off event
- ☐ Contact your coach to check in. Ask questions & get help with your fundraising if needed.
- ☐ Ask your donors if their employers have a matching gift program
- ☐ Plan a fundraising event with your team
- ☐ Still looking for a team to join? Contact your coach
- ☐ Share that you're walking the 3-Day on social media, and ask your friends to join you
- ☐ Go to [The3Day.org/Calendar](#) and add dates of upcoming events to your personal calendar! Don't forget to RSVP!

3 MONTHS TO GO

Date: July 24

- ☐ Update your Facebook status with a fundraising message
- ☐ Invite more people to your Facebook Fundraiser
- ☐ Check the [The3Day.org/EventInfo](#) page for important event deadlines.
- ☐ Plan your travel to the event and make hotel reservations for before/after if necessary.
- ☐ Send follow-up emails to potential donors
- ☐ Update your friends & family on your training and fundraising progress
- ☐ Make sure you are getting 3-Day emails so you don't miss any important information or deadlines for online check-in, fundraising rewards or event details.

2 MONTHS TO GO

Date: August 24

- ☐ Attend an official training walk
- ☐ Put up a 3-Day poster at your workplace and pass out donation forms
- ☐ Join the conversation in the 3-Day Facebook Groups
- ☐ Complete Online Check-In
- ☐ Send follow-up emails to potential donors
- ☐ Check the [The3Day.org/EventInfo](#) page for important event deadlines.

1 MONTH TO GO

Date: September 24

- ☐ Attend an Event Prep webinar online
- ☐ Share photos of your training and fundraising progress on social media with #The3Day
- ☐ Attend an official training walk
- ☐ Send follow-up emails to potential donors
- ☐ Use the Komen 3-Day App to email, call or text donation requests from your phone

2 WEEKS TO GO

Date: October 10

- ☐ Invite your supporters to the Closing Ceremony
- ☐ Countdown to the 3-Day on Facebook or X (formerly Twitter) with #The3Day
- ☐ Don't forget to ask for donations!
- ☐ Start laying out your gear and packing your bag! (Use the packing checklist to ensure you haven't forgotten anything.)
- ☐ Send thank you notes to donors as donations arrive, then again after the event with some photo highlights

EVENT WEEK

Date: October 19

- ☐ Confirm your transportation to and from the event
- ☐ Share your excitement on social media with #The3Day
- ☐ Do one final fundraising push
- ☐ Embark on a life-changing 3-Day journey!

Use this timeline to guide you on your Susan G. Komen 3-Day® journey.

Event City and Date: **San Diego, November 14-16, 2025**

6+ MONTHS TO GO

Date: May 14

- ☐ Read your [Fundraising Handbook](#)
- ☐ Get your first donation
- ☐ Subscribe to the 3-Day Blog
- ☐ Start a team and ask your family and friends to join
- ☐ Add coaches@the3day.org to your "safe" sender list
- ☐ Set up your Personal Page
- ☐ Send a fundraising email/letter
- ☐ Set up a Facebook Fundraiser from your 3-Day Participant Center.
- ☐ Download the Komen 3-Day app
- ☐ Go to [The3Day.org/Calendar](#) and add dates of upcoming events to your personal calendar! Don't forget to RSVP!
- ☐ Join the Facebook Group(s) for the event(s) you're doing.

5 MONTHS TO GO

Date: June 14

- ☐ Review our training resources at [The3Day.org/Training](#)
- ☐ Like the 3-Day Facebook page to connect and stay informed
- ☐ Plan your travel to the event and make hotel reservations, if necessary
- ☐ Like and follow the 3-Day on social media: Facebook (the3day), X (formerly Twitter) (the3day) and Instagram (komen3day). Use #The3Day when you post!

4 MONTHS TO GO

Date: July 14

- ☐ Send follow-up emails to potential donors
- ☐ Pass out 3-Day business cards to everyone you see
- ☐ Attend a Training Kick-Off event
- ☐ Contact your coach to check in. Ask questions & get help with your fundraising if needed.
- ☐ Ask your donors if their employers have a matching gift program
- ☐ Plan a fundraising event with your team
- ☐ Still looking for a team to join? Contact your coach
- ☐ Share that you're walking the 3-Day on social media, and ask your friends to join you
- ☐ Go to [The3Day.org/Calendar](#) and add dates of upcoming events to your personal calendar! Don't forget to RSVP!

3 MONTHS TO GO

Date: August 14

- ☐ Update your Facebook status with a fundraising message
- ☐ Invite more people to your Facebook Fundraiser
- ☐ Check the [The3Day.org/EventInfo](#) page for important event deadlines.
- ☐ Plan your travel to the event and make hotel reservations if necessary.
- ☐ Send follow-up emails to potential donors
- ☐ Update your friends & family on your training and fundraising progress
- ☐ Make sure you are getting 3-Day emails so you don't miss any important information or deadlines for online check-in, fundraising rewards or event details.

2 MONTHS TO GO

Date: September 14

- ☐ Attend an official training walk
- ☐ Put up a 3-Day poster at your workplace and pass out donation forms
- ☐ Join the conversation in the 3-Day Facebook Groups
- ☐ Complete Online Check-In
- ☐ Send follow-up emails to potential donors
- ☐ Check the [The3Day.org/EventInfo](#) page for important event deadlines.

1 MONTH TO GO

Date: October 14

- ☐ Attend an Event Prep webinar online
- ☐ Share photos of your training and fundraising progress on social media with #The3Day
- ☐ Attend an official training walk
- ☐ Send follow-up emails to potential donors
- ☐ Use the Komen 3-Day App to email, call or text donation requests from your phone

2 WEEKS TO GO

Date: October 31

- ☐ Invite your supporters to the Closing Ceremony
- ☐ Countdown to the 3-Day on Facebook or X (formerly Twitter) with #The3Day
- ☐ Don't forget to ask for donations!
- ☐ Start laying out your gear and packing your bag! (Use the packing checklist to ensure you haven't forgotten anything.)
- ☐ Send thank you notes to donors as donations arrive, then again after the event with some photo highlights

EVENT WEEK

Date: November 9

- ☐ Confirm your transportation to and from the event
- ☐ Share your excitement on social media with #The3Day
- ☐ Do one final fundraising push
- ☐ Embark on a life-changing 3-Day journey!