|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Role** | **Name** | **Contact info**  **Phone email** | **How they might help** | **What you want to ask** | **Date of contact** | **Response and follow up ideas** |
| **Teacher** |  |  |  |  |  |  |
| **Counselor \ advisor** |  |  |  |  |  |  |
| **Friend** |  |  |  |  |  |  |
| **Coach** |  |  |  |  |  |  |
| **Family members** |  |  |  |  |  |  |
| **Neighbor** |  |  |  |  |  |  |
| **Club member** |  |  |  |  |  |  |
| **Self-advocacy group member** |  |  |  |  |  |  |
| **Other** |  |  |  |  |  |  |