



**American  
Heart  
Association.**

# **BIKE 200 MILES IN APRIL**

## How the challenge works:

### **Set up your GoFundMe page!**

Be sure to personalize your GoFundMe page and let people know why you're participating. Share your challenge progress on your Insta Story throughout the challenge using pictures, videos, or just posting an update. Remember to tag @american\_heart

### **Share your GoFundMe now!**

People can't say yes to donate if you don't ask them. An easy way to ask is by sharing your page - just share the link to your GoFundMe page to your Insta Story and your Instagram Bio. You can also share to other socials.

### **Donate to your own page.**

Donating even a small amount to your own page shows people that you really care about what you're doing and will encourage others to do the same!

### **Know where to post updates.**

To count your miles, post your progress on your GoFundMe page, Instagram, and other socials you share your GoFundMe to.

### **Thank your supporters!**

Don't forget to thank your friends, family and everyone who has donated to you. You will get a notification on your fundraising page when someone has donated, so make sure to comment and say thank you!

**To find your fundraiser:** <http://www.gofundme.com/fundraisers>

**For all your questions:** <https://challengedocs.com/AHA-IG-Apr25-Bike-FAQ>

## Getting Started Checklist:

- Set up your GoFundMe page using this link: <https://givp.nl/register/f08UdPUy>
- Share your GoFundMe page on your Insta Story and other socials, or by text and email.
- After you complete your miles, record them on your calendar AND post your progress to your GoFundMe page and Instagram so friends and family can donate to support your efforts.
- Have questions? We have answers! Visit our FAQ for answers to all of the most commonly asked challenge questions:  
<https://challengedocs.com/AHA-IG-Apr25-Bike-FAQ>



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	<b>TRACK YOUR MILES</b>		