



American
Heart
Association.

100 PUSH-UPS A DAY IN FEBRUARY FOR HEART MONTH

How the challenge works:

Set up your fundraising page!

Be sure to personalize your page and let people know why you're participating. Share your challenge progress here throughout the challenge using pictures, videos, or just posting an update. Find the link to create yours in the challenge group!

Share your page 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 click the "Share" button or "Invite Friends" on your fundraising page.

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 track your progress, post on your fundraising page.

You can post in the group if you are looking for support, inspiration or ideas on fundraising and completing the activity.

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: www.facebook.com/fundraisers

For all your questions: <https://challengedocs.com/AHA-FB-100Pushups-FAQ>

Getting Started Checklist:

- Set up your Facebook fundraiser using the link in the challenge group.
- Share your fundraiser with your friends and invite them to support you.
 - On mobile - invite 50 friends at a time, on desktop - choose who to invite!
- Follow along in the Facebook group for support and motivation.
- After you complete your push-ups, record your progress on your calendar AND post to your Facebook fundraiser page 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-FB-100Pushups-FAQ>



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**100 PUSH-UPS A DAY
IN FEBRUARY FOR HEART MONTH**

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TRACK YOUR PROGRESS!

							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		