

1,000 Push-Up Challenge for Heart Month FAQ

Got Questions? We've Got Answers!

Check out our FAQs below for the 1,000 Push-Up Challenge for Heart Month. If you don't find your answer here, drop a comment  and we'll get back to you ASAP!

Q: How does this work?

A: This is a virtual challenge supporting the American Heart Association! Join our community in taking on 1,000 push-ups this February, during Heart Month, to raise awareness and fund lifesaving research, advocate for healthier communities, improve patient care, and work for equitable health for all people.

 **Share your fundraiser with your Facebook friends and ask them to support our mission! Fundraise now through February 28. Get started here:**

Click the link above > Select "Get Started!" > "Create"

 **Join us in Messenger to get your Digital Challenge Tracker, earn your Challenge Badge when you start a fundraiser and raise \$5 or more, as well as receive challenge updates, coaching, and more:**

Q: How do I share my Facebook Fundraiser on Instagram?

A: It's easy! Just visit your fundraiser page (link below) and click "Share". Then, select "Share to your Instagram story" to get started today! 

Click the link above > Select "Get Started!" > "Create"

Q: When and how do I log my push-ups?

A: Log your push-ups using our Digital Challenge Tracker (link below) or your preferred activity tracking app or method.  Track your progress from February 1-28:

You can do your push-ups virtually with a friend or solo, and at your own pace and level of comfort.

Q: Can I do a different activity?

A: While the challenge is designed for push-ups, we welcome anyone who wants to participate in other activities! Whether you're strength training or doing another type of movement, you're welcome to get involved and challenge yourself at your own comfort level. 

Q: What if I started a Facebook fundraiser for the American Heart Association, but not specifically for the challenge?

A: No worries! You can end your previous fundraiser by clicking the three dots icon on your fundraiser page and selecting "End Fundraiser", then "Delete Fundraiser".

Tip: If you create a new fundraiser for the challenge, your efforts will be tracked and attributed directly to this event. All funds raised will support the American Heart Association! 

 *Still having trouble viewing the fundraiser link above? Try our secondary link here:*

Thank you for being part of this amazing challenge community! We can't wait to see the incredible progress you'll make while supporting the American Heart Association. Let's do this together! 