

Got Questions We've Got Answers!

Check out our FAQs below for the **100 Lap Swim Challenge**. 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 swimming 100 laps this November in your local pool, at the gym, indoors or outdoors, 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 November 30. 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, and receive challenge tips, updates, and coaching:**

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 laps?

A: Log your laps using our Digital Calendar Tracker (link below) or your preferred activity tracking app or method.  Track your progress from November 1-30:

You can do your activity virtually with a friend or solo, and at your own pace and level of comfort. (Please check with your physician before participating in this challenge.)

Q: Can I do a different activity?

A: While the challenge is designed for swimming, if you want to do another activity, you're more than welcome! We're grateful to have everyone involved at their own physical level of comfort. 

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! 🌟

[#FundraiseForACause](#) [#ChallengeAccepted](#) [#GetActive](#)