


Questions About the Challenge? Start Here!

Here are the most common questions about the **1,500 Squats Challenge**. If you don't see your question here, drop a comment , and we'll get back to you ASAP!

Q: How does the challenge work?

A: This is a virtual challenge supporting the American Heart Association! Join our community in taking on 1,500 squats this April to raise awareness and fund lifesaving research, advocate for healthier communities, improve patient care, and work for equitable health for all people.

Here's how to get started:

1 Create your fundraiser (link below), and share it with friends and family to support the mission.

 **Fundraise through April 30.**

Select "Get Started!" > "Create"

2 Join our Messenger community to receive:


 **Your Digital Challenge Tracker**

 **Challenge updates, coaching, and encouragement**

Click the Messenger link here 

You can participate solo or with a friend, at your own pace and comfort level.

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

A: Go to your fundraiser page, click "Share", then select "Share to your Instagram Story" to spread the word! 

Q: When and how do I log my squats?

A: Track your activity from April 1–30 using our Digital Challenge Tracker (link below), or any activity tracking app or method you prefer:

Q: Can I do a different activity?

A: Absolutely! The challenge focuses on squats, but feel free to mix in other activities that work for you. Every move counts toward your goal!

Q: What if I already started a fundraiser for the American Heart Association?

A: No worries! To ensure your fundraising counts toward this challenge, simply end your previous fundraiser:

- Click the three dots (⋮) on your fundraiser page
- Select "End Fundraiser", then "Delete Fundraiser."

 **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 accessing the fundraiser link? Try our secondary link here:

Thank you for supporting the American Heart Association and being part of this challenge! ❤️ We can't wait to see your impact—every dollar and every squat truly makes a difference 🌟