



## 30 Day Squat Challenge FAQS

### **How does the 30 Day Squat Challenge work?**

You have 30 days to do 3,000 squats in the month of November! You can track your squats using our beginner friendly planner, or an app. Then post an update to your fundraiser page daily or weekly to get your finisher wristband.

### **How do I keep count of my squats?**

You update your Facebook fundraising page either daily or weekly with the total number of squats done. At the end all finishers get a wristband! You'll have a free monthly planner in this pack to keep track per workout. Either follow our guidelines, or scratch them out and write your own in.

### **How do I prove that I have completed the 30 Day Squat Challenge?**

As part of this challenge, you must set up a 30 Day Squat Challenge Facebook Fundraising Page for the Mater Foundation. Using that page, you'll post your squats weekly or daily after every workout depending on preference. These pages are linked to the Mater Foundation and we'll be able to see your progress.

### **How do I set up a Facebook Fundraising Page?**

We have a special link for every participant. You'll find it in emails from Ailish White, or at the top of our Challenge Facebook Group. All Facebook Fundraisers have a default end date in 7 days. So make sure to edit yours to Friday December 4<sup>th</sup>.

### **Do I have to set up a Facebook Fundraising Page?**

This is a virtual challenge so you have to set up a fundraising page. We use them to track your progress and give you a finisher band. You can use them to raise funds or make a once off donation to yourself. It does not matter how much you raise on the page just as long as it is set up. If you don't have a Facebook account, you can use Go Fund Me or another platform!

### **How will the money I raise help breast cancer patients?**

Taking part in our 30 Day Squat Challenge will help fund facilities for breast cancer patients like patient consultation rooms. To help show how your 30 days of squats will really matter, we'll post stories from patients and from staff members. We'll also email you frequently to show how you're making a difference through this fundraising challenge.