3000 Squats in November Challenge
Frequently Asked Questions

How Do I Sign Up to Take Part?

Step 1: Join our Facebook Group for the 3000 Squats in November 2022 challenge:

https://www.facebook.com/groups/2012567568933040

Step 2: Register for the challenge here:

For Facebook - https://givp.nl/register/O6748Pch

For JustGiving - https://givp.nl/register/RVeKKYfy

Step 3: Create a fundraiser on one of the below platforms:

(a) Facebook: https://www.facebook.com/groups/2012567568933040

(b) Just Giving: https://www.justgiving.com/campaign/3000squats2022

To sign up with Instagram:

1. Register here: https://givp.nl/register/RVeKKYfy
2. Set up your fundraiser here: https://www.justgiving.com/campaign/3000squats2022

How do I track my squats?

The best way is to use our handy Squat Tracker which you will receive with your registration pack, and then post photos of your efforts to your fundraising page!

How do I get my Pop Socket?

As part of this challenge, you must set up a fundraising page for the Mater Foundation and have at least €20 raised by the end of the challenge. Using that page, you'll post your progress daily or weekly depending on preference. These pages are linked to the Mater Foundation, so we'll be able to see your squats and give you a Pop Socket at the end.

How do I set up a 100 Miles in a Month Fundraising Page?

To set up a fundraising page on Facebook, click this link: https://givepanel.me/fb/xLYOE9lo

And if you don't have Facebook, set one up on JustGiving here: https://www.justgiving.com/campaign/3000squats2022

How will the money I raise help patients of the Mater Public Hospital?

By taking on our 3000 Squats in November challenge, you will help us to raise vital funds for cancer screening equipment in the Mater Public Hospital.

Thanks to the funds you raise, we will be able to continue to transform breast cancer care to save even more lives.