





## What is the challenge?

Challenge yourself to 100 Skips a Day throughout August. Get fit, while raising funds for vital research into finding treatments and cures for 1 in 20 kids facing a birth defect or genetic disease.

## When does the challenge start?

The challenge starts on 1 August 2024!

# What is a Facebook fundraiser?

This is your fundraising page, created on Facebook when you signed up for the challenge.

You can access yours by scanning this QR code:



Scan here to access your Facebook Fundraising Page

# How do I share it with my Facebook Friends?

You can post updates on your Facebook fundraising page to encourage your Facebook friends to see and donate. The more you post, the more people will see it, and the closer you'll get to reaching your goal.

## How do my friends donate?

There is a donate button on your Facebook fundraising page that is simple and quick to use.

# What else can I do on my Facebook fundraising page?

You can thank your donors, share your page, adjust your fundraising goal, and much more.

# What is the best way to raise more money with Facebook Fundraisers?

Share regular updates on your Facebook fundraiser to engage people in your challenge. Post videos and selfies, and tag friends. The more likes and comments you get, the more donations you'll receive, so be as creative as you can be!

## How do I log my skips?

Simple! Every day you complete your 100 skips, be sure to mark it on your 100 Skips a Day calendar, which is in this box. Be sure to post your progress on your Facebook fundraising page and in the group!

# How do I join the 100 Skips a Day in August Facebook Group?

If you haven't joined the group yet, search for "100 Skips a Day for Jeans for Genes" on Facebook and you'll find us! We have an amazing community of over 6,000 fundraisers who are ready to welcome you with open arms!

Alternatively, you can scan this QR code to go directly to the group!



Scan here to join the group