

HEARTBEATS

FOR HEART KIDS

Raise your heartbeat for HeartKids this May

HEARTBEATS4HEARTKIDS CHALLENGE

Become a team captain, create a challenge and set up a goal to motivate your team to help raise our target of \$200k for HeartKids children and families across the country.

Each week, over four weeks, why not set a 'team challenge' to motivate your team to get up their Heart beats for HeartKids. For every activity completed and tracked in May 2023, you earn points.

Every dollar amount raised earns even more points!

The more YOU sweat the more THEY can get!!!

Its also a good idea to make it a little fun for your team on this month-long journey!

GET YOUR TEAM TOGETHER!

Then pick your team name and register as a leader at

heartbeats4heartkids.com.au

Set up your photo, bio, and goals
Direct your team to sign up and join your team.

TEAM LEADER TO DO LIST

- 1 Keep your team accountable by checking in.
- 2 Motivate your crew by getting active together
- 3 Encourage your crew to get involved in weekly team challenges
- 4 Take photos and videos of your progress together and SHARE on social media
- 5 Set achievable targets and mini goals for yourselves

DONT FORGET!

Always track your progress to earn points!
Remember to share this email with your team, have fun, and stick together through thick and thin while you achieve your fundraising and fitness goals!

For more information, contact
office@heartkids.org.au

