

ACTION PASSPORT

Each day we will announce a different challenge from the Action Passport below. You have from May 10 - May 16 to complete each challenge and be entered to win prizes!

By completing any of the six challenges listed below, you are entered to win that challenge's prize. The more challenges you complete gives you more entries towards winning our grand Action Passport prize!

Once you have completed each challenge activity, please share your photos or posts on social media and tag us on Facebook and Twitter @Lung Nevada and Instagram @americanlungnv or #LUNGFOCRCENV for the chance to win prizes! If you do not have Facebook, you may email your submissions to NevadaEvents@lung.org

When you have completed the Action Passport, don't forget to download our virtual [Certificate of Completion](#) to post on your social media sites!

	<p>Take a Stand May 10, 2021</p>	<p>Sign our petition and lend your support by joining us in standing up for the Affordable Care Act and against threats to take away quality and affordable healthcare.</p>
	<p>Raise Your Voice May 11, 2021</p>	<p>Share your reason for walking by printing off our downloadable "I Walk For..." bib, filling it out and wearing it with pride!</p>
	<p>Break a Sweat Challenge released on May 12, 2021</p>	<p>Get together with your team (while practicing social distancing) and take a walk or run right in your neighborhood or local park.</p>
	<p>Breathe Deeper Challenge released on May 13, 2021</p>	<p>Play our virtual Lung Health Trivia game and test your knowledge on lung health topics and local resources.</p>
	<p>Build Our Force Challenge released on May 14, 2021</p>	<p>Collect \$19 donations for your personal fundraiser in recognition of our COVID-19 Action Initiative by sharing your donation link with friends and family. Whoever raises the most money between 8:00 AM May 14, 2021 and 8:00 AM, May 15, 2021 wins our challenge prize!</p>
	<p>Share Your Story Challenge released on May 15, 2021</p>	<p>Share your story! Show us your virtual walk or your connection to lung health on Facebook or Instagram and tag us @LungNevada and @AmericanLungNV.</p>
	<p>LUNG FORCE Twilight Walk</p>	<p>**BONUS CHALLENGE** The world that we create for ourselves and the air that we breathe has a direct impact on our lung health. While you're out on your walk, we challenge you to bring a bag and pick up any trash or recycling – and help make our air cleaner!</p>

ACTION PASSPORT

Challenge Descriptions

TAKE A STAND:

[Sign our petition](#) and lend your support by joining us in standing up for the Affordable Care Act and against threats to take away quality and affordable healthcare.

- Once you have signed the petition, email NevadaEvents@Lung.org and let us know!
- Everyone who completes this challenge will be entered to winning the Take a Stand Challenge Prize!

RAISE YOUR VOICE:

Share your reason for walking by printing off our downloadable [“I Walk For...” bib](#), filling it out and wearing it with pride!

- Snap a photo with your bib and tag our Facebook page or send in via email to NevadaEvents@Lung.Org
- Everyone who completes this challenge will have their photo displayed on our event webpage!

BREAK A SWEAT:

Get together with your team (while practicing spatial distancing) and take a walk or run right in their neighborhood or through a local trail or park.

- Once you’ve completed, share a photo of your walk on social media and tag us @LungNevada on Facebook and Twitter or @AmericanLungNV on Instagram or send in via email to NevadaEvents@lung.org
- Everyone who completes at least a one-mile walk will receive an entry towards winning the Break a Sweat Challenge prize.

BREATHE DEEPER:

By playing our virtual Lung Health Trivia game, you will be able test your knowledge on local lung health topics.

- Play our [Lung Health Trivia game](#) to complete this challenge and earn an entry towards winning our Breathe Deeper Challenge prize.
- You may play BOTH the Lung Health Jeopardy and the Lung Health Trivia game to earn TWO entries towards winning the challenge prize!

BUILD OUR FORCE:

Collect \$19 donations for your personal fundraiser in recognition of our COVID-19 Action Initiative by sharing your personal fundraising link with friends and family!

- The participant who raises the most money between 8:00 AM May 14, 2021 and 8:00 AM, May 15, 2021 wins the Build Our Force Challenge prize!
- Pro tip – start the week off by self-donating \$19 to help encourage others!

LUNG FORCE TWILIGHT WALK- Bonus Challenge:

Help make our world a cleaner place by picking up trash or recycling on your walk!

- Once you’ve helped to clean up your park or neighborhood, share a photo of your walk on social media and tag us @LungNevada on Facebook and Twitter or @AmericanLungNV on Instagram or post and use hashtag #LUNGFORCENV. You can also send in via email to NevadaEvents@lung.org