

Walk Your Way

Sunday: Show Your Support

1. Download and update your Facebook profile picture with our **LUNG FORCE border**.
2. Start a Facebook Fundraiser in your Participant Center by **following these simple steps**.
3. Download the LUNG FORCE app. Available for **iPhone/iPad** | **Android**. You can now track your steps on the LUNG FORCE app and complete challenges!

Monday: Build Our Force

1. Share your personal donation link with your network via email, text message, or social media post. Ask 10 friends to donate \$10. You can even use the LUNG FORCE App!
2. Make a self pledge of \$35 or more and you will receive a **Keychain Card Holder**. Your connections are more likely to donate when they see that you have also given a personal gift.

Tuesday: GO Turquoise – It's Turquoise Tuesday

1. Post a selfie in your best turquoise gear using **#turquoisetuesday** **#turquoisetakeover** and share with your followers what lung health means to you.
2. Download and share why or who you walk for with your **"Why I Walk" bib**.

Wednesday: Enjoy a Laugh

1. Follow us on Tik Tok **@americanlungassociation**.
2. Create a funny video and use the hashtag **#laughing4lungs**.

Thursday: Take a Stand

1. Take a stand and **tell your senators and representatives in Washington, D.C.**, that everyone has affordable, adequate and accessible healthcare. We've drafted an email to Congress, all you need to do is fill out your info and send!

Friday: Give Thanks

1. Thank everyone who has donated to your fundraising efforts so far.
2. Thank a healthcare worker who has gone above and beyond while helping those with respiratory illnesses.

Saturday: Break a Sweat

1. Record 37 minutes of activity in recognition of the nearly 37 million people affected by lung disease. You can do anything from walking, running, biking, climbing, yoga, jumping jacks, and more!
2. Track your 37 minutes of activity on the LUNG FORCE App.