



Climb Your Way

Sunday: Show Your Support

1. Start a Facebook Fundraiser in your Participant Center by following these simple steps with our [How To Create A Facebook Fundraiser guide](#) or our [Facebook Fundraiser video](#)!
2. Download the Climb app. Available for [iPhone/iPad](#) | [Android](#). You can now track your steps on the Climb app and complete challenges!

Monday: Motivate the Masses

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 Climb App!
2. Make a self pledge of \$35 or more and you will receive a special [American Lung Association Stainless Steel Straw](#). Your connections are more likely to donate when they see that you have also given a personal gift.

Tuesday: Tell Your Story

1. Update your Personal Page through the participant center and tell Why You Climb.
2. Post a selfie in your best climb gear using [#fightforairclimb](#) [#climbyourway](#) and share with your followers what lung health means to you.

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 34 minutes of activity in recognition of the nearly 34 million people affected by lung disease. You can do anything from walking, running, biking, climbing, yoga, jumping jacks, and more!
2. Track your 34 minutes of activity on the Climb App. Available for [iPhone/iPad](#) | [Android](#).