

## 11,000 Steps a Day Challenge

### FAQ

#### **When is the Step Challenge?**

11,000 steps a day (330,000 in a month) from the 1<sup>st</sup> – 30<sup>th</sup> June 2022

#### **How do I get a baseball cap?**

You can claim your free baseball cap as soon as you have one donation on your Facebook Fundraiser (see below on setting-up your fundraiser).

You will receive a message directly on your fundraising page with a link to order the cap. If you have a donation and not received the link then please do contact the team on [events@sja.org.uk](mailto:events@sja.org.uk)

#### **How long until my baseball cap arrives?**

Please bear with us as there may be disruptions to delivery but everyone who has ordered a cap will receive one within 3 weeks.

#### **How do I set up a fundraising page?**

Set up your fundraiser in two clicks using this link: [Create your Facebook fundraiser \(givepanel.me\)](https://givepanel.me)

#### **Do I have to stick to 11,000 steps a day exactly?**

We welcome everyone to try and complete this challenge but understand it may not be possible for everyone. Participants are welcome to adapt the challenge to fit you. The main goal is for everyone is to get fit and raise money for St John Ambulance.

#### **Do I need a Strava account to take part?**

No, you don't need any specific fitness app to take part.

### **How do I track my steps?**

You can track steps by using your phone, fitness watch, fitness trackers like Strava or pedometers. Whatever is easiest and most comfortable for you.

You will also be receiving a step tracker with your baseball cap, to cross off the days. You can also download a printable version [here](#).

### **Can children take part?**

You must be over 18 to register for the event, but friends, family, children, dogs and cats are all welcome to join during your 11,000 steps!

### **How do my friends and family donate?**

They donate through your Facebook fundraising page.

If you have friends who don't feel comfortable with this method, they can give the donation directly to yourself and you can add it to the Facebook fundraising page on their behalf.

### **Is there a minimum amount to raise?**

We would love everyone to aim to raise £150 for this challenge, but all donations are welcome!

### **My Facebook Fundraising Page expires before the end of the event – what do I do?**

This may happen so there is a quick fix to change this:

- Go to fundraising page
- Click on 'more' dropdown
- Click 'edit fundraiser'
- Change the end date to a month after the end of the challenge (30<sup>th</sup> December) so they can still collect donations after the event.
- Click save

If you have any other questions regarding the challenge please email [events@sja.org.uk](mailto:events@sja.org.uk)