

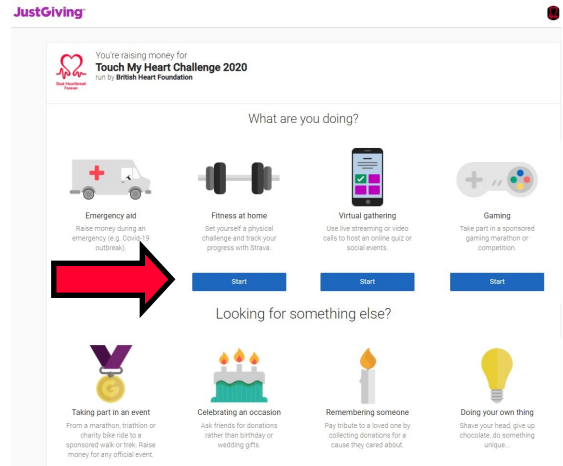
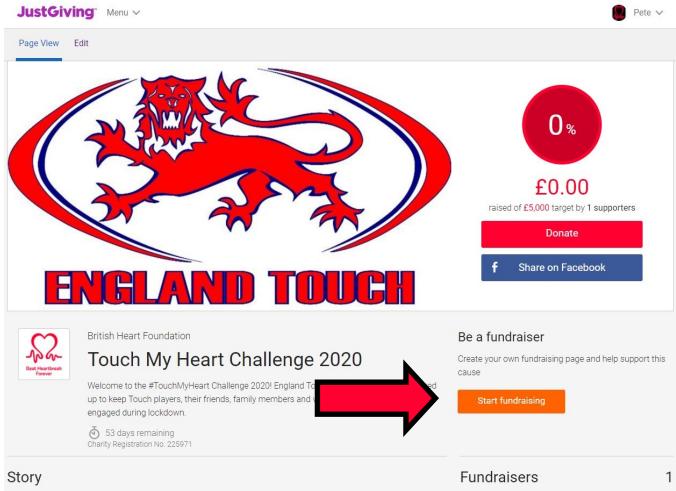


How to sign up to Touch My Heart Challenge 2020



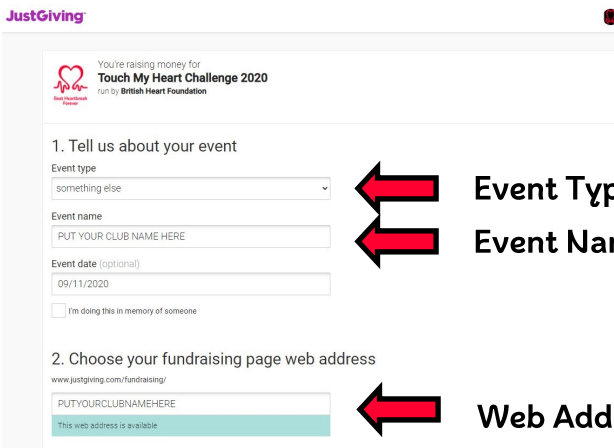
Step 1: Click the link to the challenge page and press the Start Fundraising Button

Step 2: Either sign in to Just Giving or Sign up then Click the fitness challenge button



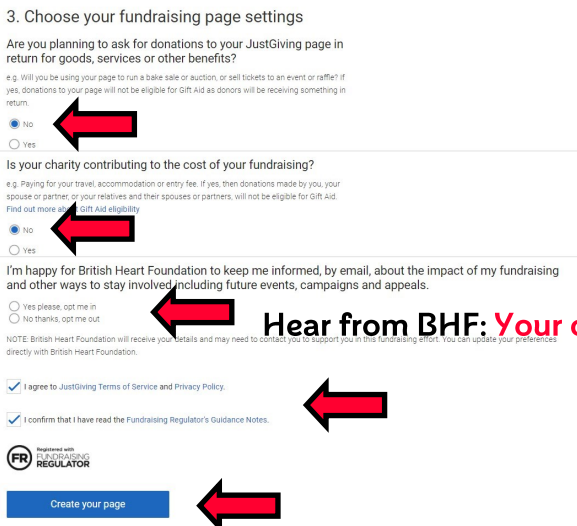
Step 3: Complete form as follows

Step 4: Donate your £5 by pressing the donate button and send the link to your page to the rest of your club, friends, family and contacts to join in or donate.



Event Type: Something Else
Event Name: Your Club Name

Web Address: Your Club Name



Hear from BHF: Your choice but we say yes

Once signed up you can edit your page, add pictures, videos and personalise your page.
Good luck and thanks for taking the Touch My Heart Challenge