American Heart Challenge Student Digital Toolkit
Use these messages to share how you are championing things like mental well-being, congenital heart defects, nutrition security, and health equity as we fight to end heart disease and stroke.

Click on the images to download to your phone or computer.

Follow us at:
- @AmericanHeart
- @KidsHeartChallenge
- @KidHeartChall
- @AmericanHeartAssociation

#AmericanHeartChallenge
#AmericanHeartAssociation
When you sign up

I’m participating in the American Heart Challenge to raise awareness for nutrition security and raise funds to support the mission of the American Heart Association. Together, we will rise above the obstacles of health. Please click on the link to donate to my efforts: [insert fundraising link]

Help me reach my goal

Do your heart some good and donate to my American Heart Challenge efforts in support of the American Heart Association. Your gift helps to support kids like Addie who were born with a congenital heart defect. [insert fundraising link]
Help make a difference

I’m raising awareness and funds for mental well-being. Did you know that chronic stress can affect risk factors and behaviors that raise the risk of heart disease and stroke? Please make a donation today.

[insert fundraising link]

One week before event

Next week is my American Heart Challenge event, and I could really use your help reaching my goal. Help me to help those who need it most, like Quinn, by making a donation today. I would be grateful, and they would be too!

[insert fundraising link]
**Day before event**

It’s almost here, and I’m ready! I’m participating in honor of survivors like Jaeden who rely on funding and research. There is still time to show your big heart and support the American Heart Association, and me, with a donation! [insert fundraising link]

**When you finish your event**

I just participated in the American Heart Challenge to raise awareness for health equity and to raise funds for the mission of the American Heart Association. There’s still time to give. Thank you to [tag donors] for supporting my efforts! [insert fundraising link]