Southeast Michigan Virtual Heart Walk Spirit Week

**MONDAY 6/8**

**RED IT OUT!**
- Wear your red.
- Update your profile picture with our [Heart Walk frame](#), sponsored by Detroit Diesel.
- Share your Why with us [here](#). Tell us why you are heart walking.
- Work to meet your fundraising target!

**TUESDAY 6/9**

**TEAM TUESDAY**
- Move more! Warm up for Heart Walk day by moving/exercising.
- Show your Team pride [here](#) by wearing your Heart Walk team gear or gear from your favorite sports team.

**WEDNESDAY 6/10**

**PETS WITH HEART**
- Dress up your pet and share your photos [here](#). Be sure to check out the other pets.
- Vote by Saturday for “Top Pet” [here](#).
- Celebrate AHA’s Birthday with a Zoom Yappy Hour!

**THURSDAY 6/11**

**TAKE IT BACK**
- Share pictures [here](#) of your favorite memories at past Heart Walk events.
- Dress up in clothing from your favorite decade. (40’s, 50’s, 60’s, 70’s, 80’s, 90’s, 00’s etc.).
- Reach out to your past donors who haven’t donated yet.

**FRIDAY 6/12**

**HEARTS AT HOME**
- Honor your Hero by decorating your door/porch/yard. Share photos [here](#).
- Eat Well! Cook one of AHA’s heart healthy [recipes](#).