

## Step by Step Guide

How to register yourself/team for the Muscles for Muscles Squat Challenge 2020.

1. Register by clicking on this link. <https://fshdglobal.org/squat-challenge-registration-form/>
  - Complete contact details.
  - If completing as a team the contact details should be the team captain.
  - Enter in your squat target for the month of September. If this is a team this should be your teams target.

### Contact Details

Title	<input type="text" value="--None--"/>
First Name*	<input type="text"/>
Last Name*	<input type="text"/>
Email*	<input type="text"/>
Mobile Phone	<input type="text"/>
Your squat target for the Challenge?	<input type="text"/>

2. Enter in the fundraising details.
  - Be sure to select if you are competing in a team or alone.
  - Profile name is yours/your teams name.
  - Blurb – why you are completing the challenge.

### Fundraising Details

Profile Name ⓘ	<input type="text"/>
Profile Photo	<input type="text" value="Choose File No file chosen"/>
Fundraising Target*	<input type="text"/>
Are you Squatting alone or in a team?	<input type="radio"/> Individual <input checked="" type="radio"/> Team
Blurb ⓘ	<input type="text"/>
<a href="#">Terms and Conditions</a>	<input type="checkbox"/> I Agree to the Terms and Conditions

3. If you have selected team another form will appear. This is where you can include your team mates details be sure to press “save and add” so you can continue to keep adding team mates.
4. If you don't have all the details that's fine as you will be sent a link after your register that you can share with your team and they can add themselves to the team you have created.

### Fundraiser Type Details

Fundraiser Type    Team

Please enter details for each team member (including yourself). If you don't have the details right now, you will be given the option of sending them a link to update afterwards.

[Copy from Contact](#) ⓘ

First Name

Last Name\*

Phone

Mobile Phone

Email

Team Member Photo  No file chosen

Save     Save and Add

Register

5. Each team member will be sent their own unique URL in which they can share with family and friends to help support the team during the challenge. They will appear under your team but it allows people when donating to select if they want to support one person in your team or the entire team.

### Transaction Details

Team Member

Donation

Donation By  Individual     Company


# THE SQUAT CHALLENGE



## How people can donate and support you throughout the challenge

People can use a search tool to find you/your team.

[https://fshdglobal.secure.force.com/AAkPay\\_\\_P2PSearchM?camid=7012x000000gaTG](https://fshdglobal.secure.force.com/AAkPay__P2PSearchM?camid=7012x000000gaTG)



**muscles for muscles**

**BUILDING MUSCLES FOR THOSE WHO CAN'T!**

PROUDLY SUPPORTING  
F<sup>S</sup>H FSHD  
Global Research Foundation, Ltd.

Search


The image shows a promotional banner for the 'muscles for muscles' challenge. It features a group of diverse people in a gym setting, with a woman in the foreground smiling and holding her hands out. The banner includes the organization's logo, a tagline, and a list of supporters. Below the banner are two buttons for registration and support, and a search bar with the text 'Individual or Team'.


You can send them your link to your teams page.

**Example of what your page/team page will look like when complete.**

This is the link you can share with your friends and family to help support you throughout the challenge.

Add this to your social media networks, emails and messages.





Fundraiser Details

Event Name	Sweet Cheeks
Fundraiser Goal	\$2,000

My Contact Details

Title	--None--
First Name*	<input type="text"/>
Last Name*	<input type="text"/>
<input type="checkbox"/>	<input type="checkbox"/> Donate Anonymously
Mobile Phone	<input type="text"/>
Email*	<input type="text"/>
Street*	<input type="text"/>
Suburb/Town*	<input type="text"/>
State*	<input type="text"/>
Postcode*	<input type="text"/>
Country*	Australia

Transaction Details

Team Member	--None--
Donation	<input type="text" value="0.00"/>
Donation By	<input checked="" type="radio"/> Individual <input type="radio"/> Company

**Our Goal**

**\$2,000**

Raised so far



**\$200.00**

\$0.00      Raised      \$2,000.00

\* some stats may take up-to 10 minutes to refresh.

Our Team

Team Member	Raised
Fatima Hussein	\$150.00
Jessica Shomar	\$50.00

Most Recent Donors

Donor	Donation
Mr Brendan Cook	\$50.00
Squats the cause again?	
Mr Brendan Cook	\$50.00
Goodluck!!!	
Anonymous	\$100.00
So proud of you! What a great cause 🙌	