

PINK

UP THE

PACE



[How to participate in the campaign](#)

How do I join?

STEP ONE: Register for the campaign

STEP TWO: Personalize your Fundraiser

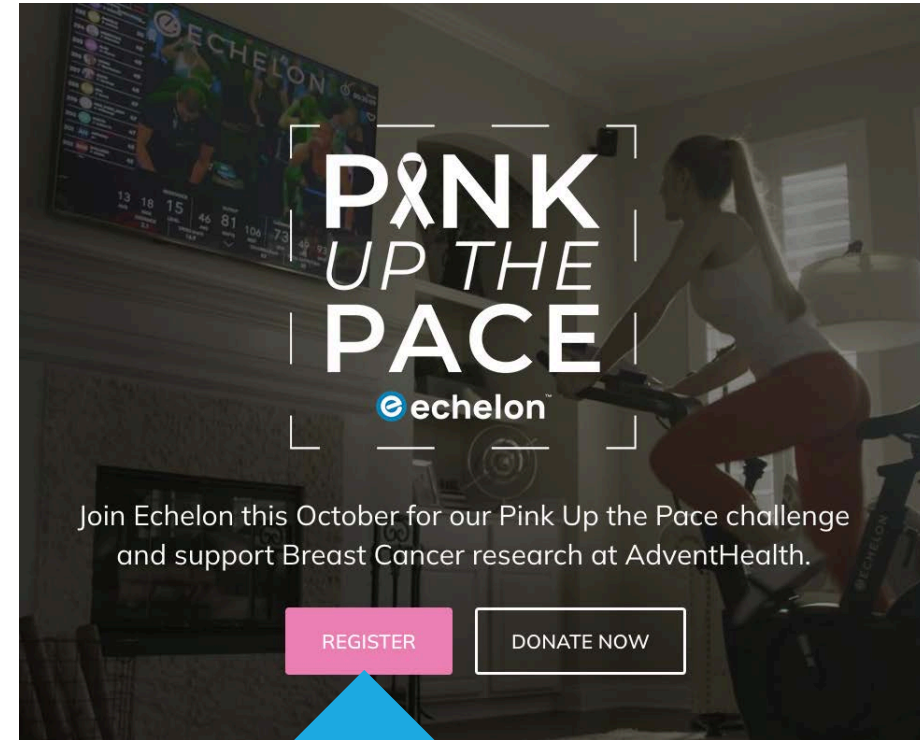
STEP THREE: Share your Fundraiser

STEP FOUR: Log your weekly minutes



STEP ONE: Register for the campaign

You can register at
give.adventhealth.com/PinkUp



click on "Register"

STEP ONE: Register for the campaign

Choose your registration type and add it to the cart.



Select registrations

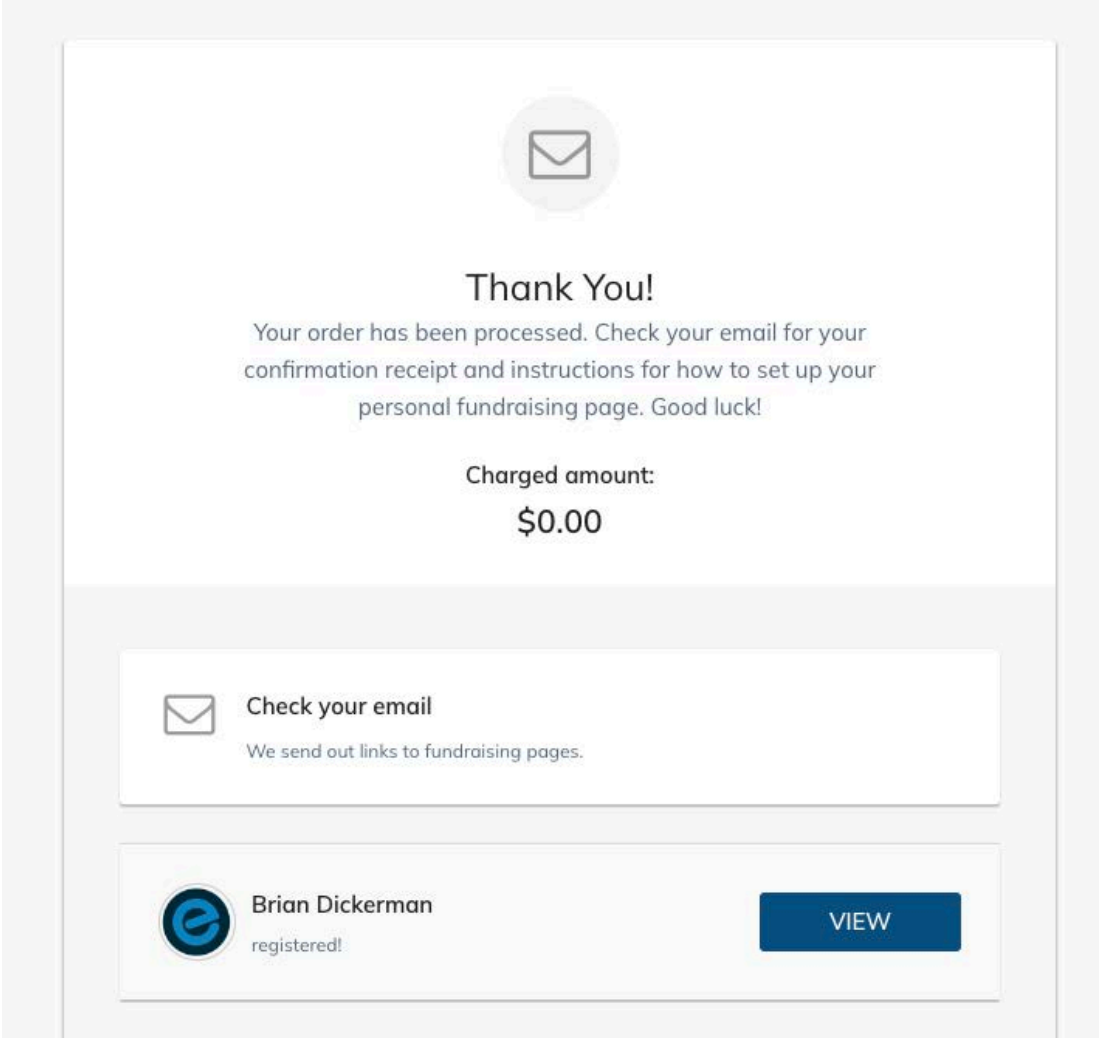
A fundraising page will be created for each registrant. Be on the lookout for a follow-up email from us containing details on how to manage your fundraising page.

<p>Pink Up the Pace Recommended Entry</p> <p>Kick-off your fundraising page with a \$5 donation to support the breast cancer research fund at AdventHealth.</p> <p>Registration includes entry into the challenge and a fundraising page you can share with your network.</p>	<p>\$5.00</p> <p>- 0 +</p>
<p>Pink Up the Pace Supporter Entry</p> <p>Registration includes entry into the challenge and a fundraising page you can share with your network.</p>	<p>Free</p> <p>- 0 +</p>

STEP ONE: Setup your fundraiser

Upon completion of your registration, view your fundraiser on the "thank you" page.

This link will also be emailed to you.



The screenshot shows a confirmation page with a light gray background. At the top center is a circular icon containing an envelope symbol. Below it, the text reads "Thank You!" followed by "Your order has been processed. Check your email for your confirmation receipt and instructions for how to set up your personal fundraising page. Good luck!". Underneath, it states "Charged amount: \$0.00". At the bottom, there are two white rectangular boxes. The first box contains an envelope icon, the text "Check your email", and "We send out links to fundraising pages." The second box contains a circular profile picture with a blue 'e', the name "Brian Dickerman", and "registered!". To the right of this box is a dark blue button with the word "VIEW" in white capital letters.

STEP TWO: Personalize your fundraiser



MANAGE



Click "manage" to begin personalizing your fundraiser.



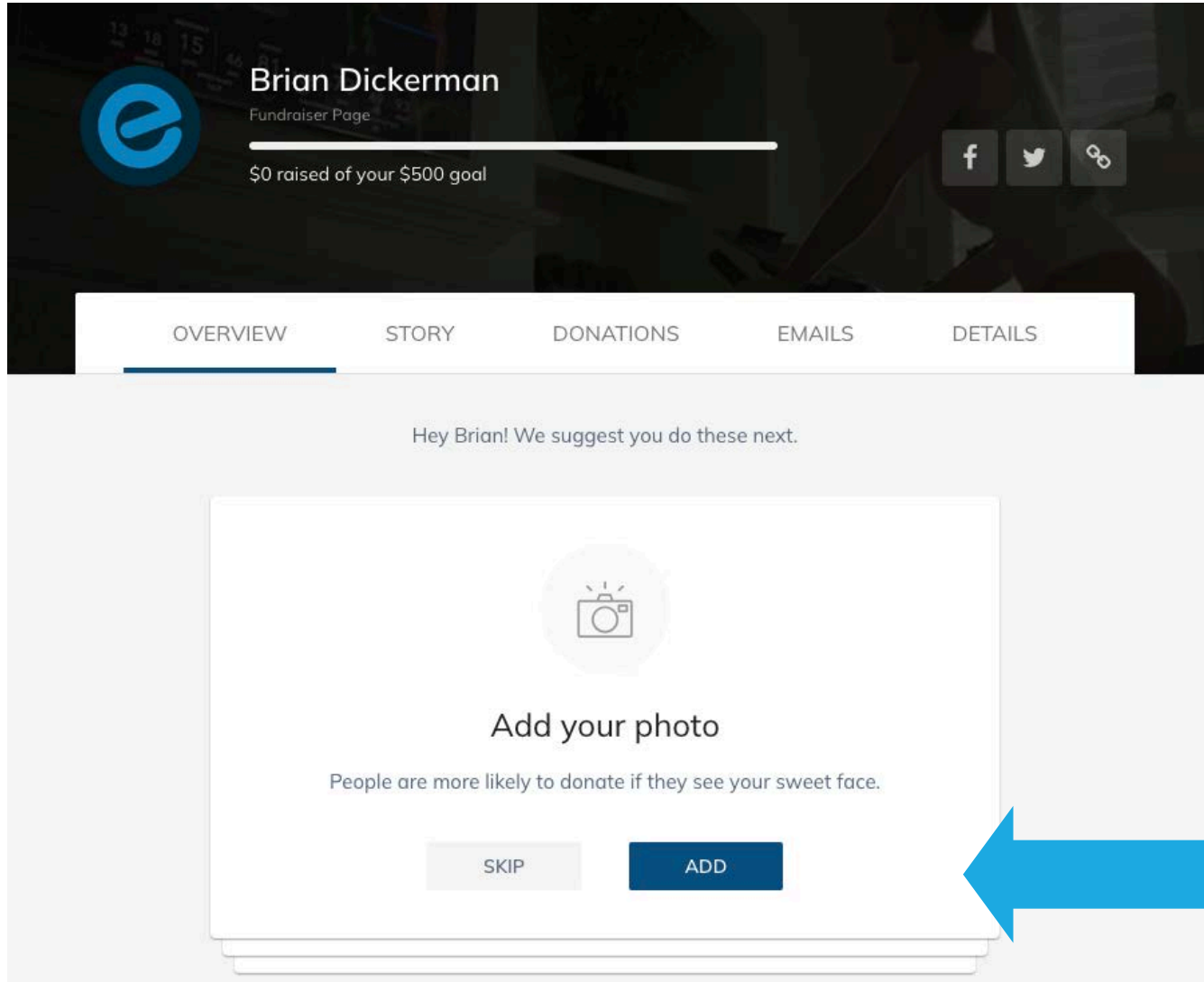
Fundraiser Share

Brian Dickerman

\$0 Raised \$500 [DONATE](#)

Pink Up the Pace this October with Echelon.

STEP TWO: Personalize your fundraiser

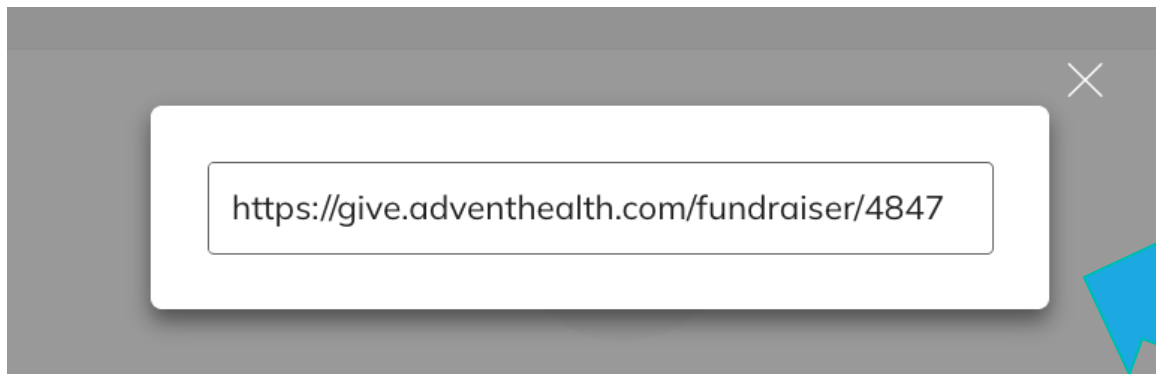
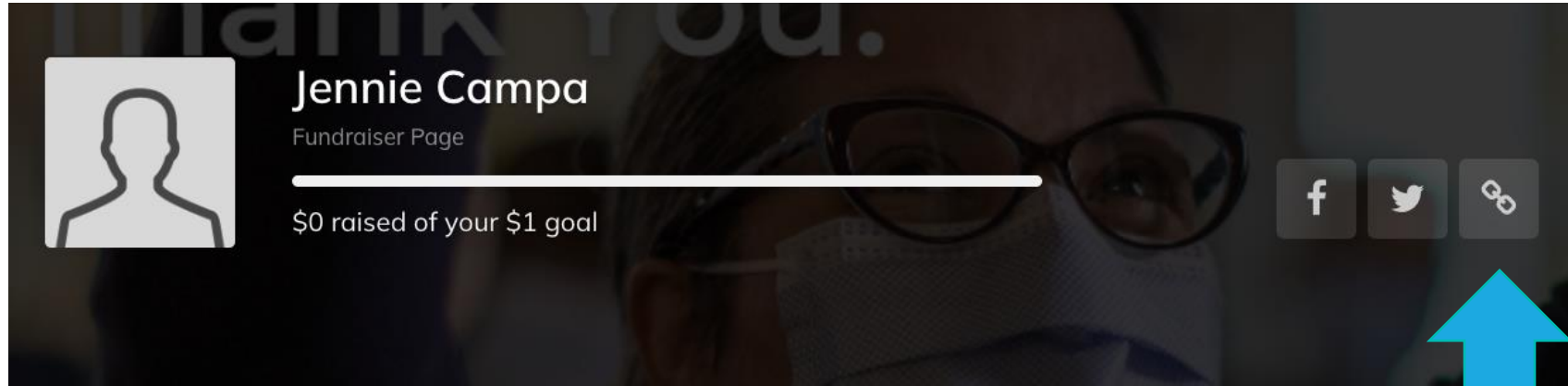


Complete the suggestion cards to finish personalizing your fundraiser.

We recommend including a brief description about why you're fundraising and a photo.

You can update your fundraiser with goal updates and badges as you earn them.

STEP THREE: Share your fundraiser



Click the hyperlink icon to access the custom link for your fundraiser and select "copy"

STEP THREE: Share your fundraiser

Set your Fundraising Page's Short URL (optional)

https://give.adventhealth.com/ExampleShortUrl

Start typing

It's okay to contact me in the future.

FINISH



OR you can use the custom short link to share with your friends and family.

STEP THREE: Share your fundraiser



Copy the link to your fundraiser and share on social media (LinkedIn, Facebook, etc)



Encourage friends, family, and others in the community to donate to your fundraiser or start their own.



Share the link you created:
<http://give.adventhealth.com/ExampleshortUrl>

We encourage you to Pink Up The Pace with friends and family support of \$1 per workout minute (or a total of \$150 each week). They can sponsor 1 minute or 150 minutes - and every dollar raised will go to Breast Cancer Research. Any contribution, large or small, is appreciated.

Fundraising is optional and not required to participate.

STEP FOUR: Log your minutes

Upon completion of your weekly activity, click on the "Log Your Minutes" button on the main campaign page.

If you are working out through Echelon's Fitpass or Premier Pass, your minutes will be logged, but you still need to submit your minutes for the week. If you exercise in other conventional ways - free weights, outside bike riding, walking, etc., simply go in and log your weekly minutes.

After completing your first week, you can either keep going for another week (4 in total), pause and pick back up later, or complete what they have done and the challenge is over. If you pick back up after pausing the challenge, there is no need to re-register as their page will be open and live until the end of October.

****Weekly minutes should be logged by 11:59 PM each Sunday.***

STEP FOUR: Log your minutes

Badges will be awarded based on your combined weekly activity.

Week 1 | Bronze Badge


Week 2 | Silver Badge

Week 3 | Gold Badge

Week 4 | Diamond Badge

Each Monday badges will be issued via email from AdventHealth with the subject "*You've Earned a Pink Up the Pace Badge*".





Pink Up the Pace Weekly Challenge Log

Fill out the form below to log your minutes and earn your weekly badges. If you need assistance, contact brian.dickerman@adventhealth.com.

First Name *

Last Name *

Email *

Did you complete your 150 minutes of activity this week? *

Yes

No

BONUS CONTENT

Participants of Pink Up the Pace are being offered a complimentary 30-day FitPass trial by Echelon, granting access to a vast array of classes that can help boost your workout regimen and inspire new experiences. By completing any of the workouts offered through FitPass, you can easily log your minutes in the Progress tab of the app, streamlining the tracking of your challenge.

Take advantage of this offer and begin your free trial on October 1st by [clicking here](#).

This exclusive promotion will be valid from October 1, 2023 to October 30, 2023.

BONUS CONTENT

Each week Echelon will be awarding random participants prizes.

Once the challenge is over, the participant who raised the most fundraising dollars will receive (3) pieces of Echelon equipment.

[Click here](#) for full details and terms.

Should you have any questions during the challenge contact brian.dickerman@adventhealth.com for assistance.

