

# 30 Day Challenge

Cardiomyopathy<sup>UK</sup>  
the heart muscle charity



Welcome to #TeamCardio! In this pack you will find everything you need to make the most out of your 30-Day Challenge!



[www.cardiomyopathy.org/30challenge](http://www.cardiomyopathy.org/30challenge)

# 30 Day Challenge

Target for the 30-Day Challenge is £5 a day. Use this calendar to track and record your progress and don't forget to share your journey with us! Email us at: [fundraising@cardiomyopathy.org](mailto:fundraising@cardiomyopathy.org) to keep us in the loop!

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30	My Challenge is:	

My Fundraising Target:

# Choose your challenge!

You might already know what you want to do (or not do) for your 30-Day Challenge, and that's great! If not, here are a few ideas:



## A Walking Challenge...



Walking 10,000 steps a day can have huge benefits for your health and the planet. Set yourself an achievable daily goal and start from there!

## Give something up...



Why not break a bad habit for your 30 day challenge? You could give up alcohol, chocolate, sweets, or even try and reduce your screen time.

## Learn a new skill...



Learning a new skill is a fun way to spend your 30 days. You could learn to knit, sew, cook, speak a new language, draw, paint or anything that takes your fancy!

## Run, Swim or Cycle...



If you wanted to do something sporty for your challenge, why not run, swim or cycle. If you are a beginner you could try Couch to 5k.

# Set up a JustGiving Page

We recommend using JustGiving to collect your fundraising, that way you can just share the link with your friends, family and on your social media in a few simple steps.

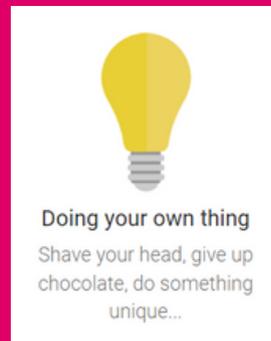


1

The easiest way to set up your page is by visiting [www.justgiving.com/cardiomyopathy](http://www.justgiving.com/cardiomyopathy). You will be taken to our JustGiving page directly, all you need to do from here is click the 'fundraise for us' button in the top right hand corner.

2

Next you will be asked 'What you will be doing?'. For your 30-day challenge you will need to select the option 'Do your own thing'.



3

Now you need to set the details of your event. Select the event type that best suits your challenge and give your event a title and a date! Don't be afraid to get creative with your event title!

4

Once you have clicked 'Create Your Page', your personalised fundraising page will be made with all the information you provided. You can personalise this however you wish!

# Jazmin's Story

In April 2020, Jazmin sadly lost her father to cardiomyopathy. In 2021, she set herself a 30-Day Challenge to walk 10,000 steps a day, With the support of Jazmin's friends and family, she raised an incredible £780 through her challenge.

My dad was my main influence for my fundraiser; he used to walk every day and it was something we enjoyed doing together as a family as well.

Losing my dad to cardiomyopathy is something we have to live with every day, not only through losing him but now as his children, we are being tested every couple of years as well as having meetings about cardiomyopathy and at cardio wards in hospitals.

Before our experience with cardiomyopathy, we didn't know much about the condition or the charity so we are now hoping we can help spread awareness to others.

I would love for there to be a better understanding of the condition and the effect it has, more support available for families who are affected by cardiomyopathy and help to find a way to stop other families from having to go through the sudden loss we did.



# Lisa's Story

Lisa bravely decided to fundraise in memory of her late fiancé Jack, who was diagnosed with hypertrophic cardiomyopathy and sadly passed away in August 2019.

Jack was diagnosed with hypertrophic cardiomyopathy along with his twin brother Tomos, at the age of 16. They both went on to have internal cardiac defibrillators (ICD's) fitted which helps alleviate irregular rhythms caused by their cardiomyopathy.

Devastatingly, Jack suffered a stroke in May 2019 and was very poorly. He lost the use of his right side and his speech. His determined nature and constant positive outlook on life meant he worked tirelessly to regain the ability to walk and make sounds again.

Jack eventually came back home after a period of intense rehabilitation at the end of August 2019. Our sweet Jack heartbreakingly passed away at the young age of 26 on October 1st, 2019, at home with me, after having a cardiac arrest.

Jack loved music and was a talented guitar player learning songs effortlessly. Wherever he went, his guitar went too. In memory of this wonderful man, I have chosen to undertake the "30-Day Challenge" and re-learn the guitar in aid of Cardiomyopathy UK.

