



Frequently Asked Questions

100 Push-Ups a Day in November

Mind Fundraising Challenge

About Mind

We're Mind. We're here to fight for mental health. For support, for respect, for you. We change minds across England and Wales by making mental health an everyday priority. We support minds – offering help, information, advice and local services. And we connect minds. Bringing together people who care about mental health to make a difference. Together we won't give up until everyone experiencing a mental health problem gets both support and respect.

What is a Fundraising Challenge?

A Fundraising Challenge is a virtual fundraising event taking place over a one-to two-month period. The goal is to raise money through a fundraiser while completing the challenge activity. You will post about your progress on your JustGiving Page AND your Facebook and Instagram Story to encourage donations from your followers. A challenge also comes with a Facebook group, so you don't have to do it alone! In the group, you will find a community of other wonderful individuals taking on the challenge beside you.

The purpose of this challenge is to raise funds for Mind by doing 100 push-ups a day throughout November.

How can I tell this Challenge is sponsored by Mind?

We understand you want to ensure your funds are going towards fighting for mental health. There are a few ways to ensure that you're supporting this cause. Your JustGiving Fundraiser confirms you are fundraising to benefit this month's mission with a verified blue checkmark next to the charity name.

About the Challenge

Do I need to complete 100 Push-Ups a day in November? Can I do more than 100 a day?

Our goal is to do 100 push-ups a day during the month of November, but you can start and finish a bit early, or change the Challenge quantity to hit your own goals!

How do I track my progress?

We have a free printable daily tracker that you can download [here](#) to record your progress after you finish each day. The best place to post updates is on your JustGiving Page AND your Facebook or Instagram Story!

How do I share my progress on my Instagram story?

Open your JustGiving Page.

Tap Share, and choose the Instagram icon.

When Instagram opens, choose Story.

Tag @mindcharity

Do I have to provide proof of completion?

Absolutely not - we trust you! But it is a great idea to post updates on your progress to your JustGiving Page and your Insta Story or Facebook to encourage others to donate. Don't forget to tag Mind on your Insta Story! @mindcharity

What if I fail to complete the Challenge?

We would love to see everyone complete the challenge, but understand that doing 100 push-ups a day might not be feasible for everyone. Every push-up you do gets us closer to our goal, so thanks for helping!

Is there an age limit to take part in the Challenge?

No. There is no age limit, but we do want people to feel comfortable with the challenge and not push beyond their limitations. Remember: If you are under 18, you need a parent or a guardian to agree that you can take part in the challenge.

Registration Process

Is the registration free?

Yes, the registration is completely free. We strongly encourage you to start a fundraiser so you can help support Mind.

Where do I create my fundraiser?

You can click this registration form [here](#) to create your fundraiser. After completing the form, click the purple button that says “Activate your Fundraiser on JustGiving” in the registration form.

When will I get my free gift?

Once you register, please allow up to three weeks for your gift to arrive. The registration will remain open until November 30, 2026. We have a limited supply, so register early to guarantee you'll receive your gift!

Incentives

My T-shirt hasn't arrived yet. When can I expect it to be delivered?

Mind will only be providing a T-shirt to those who register and set up their fundraising page, and a medal to those who raise £100 or more in funds throughout this challenge.

Please allow up to 10 working days for delivery after you register for your T-shirt to arrive. Your medal will arrive in about three weeks after you raise £100 or more. This is a large fundraising event, so we thank you for your patience. If it has been longer than that, send us an email at mind@fundraisingchallenges.com, and we will help find a solution.

Can I start the challenge without my T-shirt?

Absolutely! You can start tracking your progress on the first day of November. When your Mind T-shirt arrives, snap a picture of you wearing it to post to your fundraising page and Instagram Story for everyone to see!



Donations

How much do I have to raise?

Your Fundraiser will automatically provide a target amount, but you can customise that number to your liking. Every pound raised during the challenge goes towards supporting mental health.

Can I donate to my own page?

Yes, of course. This is the best way to activate your fundraiser before sharing it with friends. Lead by example, then invite friends and family to donate, too.

My friend accidentally donated the wrong amount. Can they get a refund?

Please have your donor reach out to the JustGiving Help Center.

My page still needs donations. How do I encourage people to donate?

Have you shared your JustGiving Link with friends? A great way to kick off your fundraising is by posting your JustGiving Link to your Instagram Story and other social media feeds or texting it to your network.

About the Fundraising Page

Can I edit the information to make it honour of or in memory of a loved one?

Yes, you can. There is an Edit option at the top right of your JustGiving Page where you can make your tribute for your loved one and edit all information.

Can I share my JustGiving Page?

Yes, you can! All your friends and family should be able to follow the link and donate to your JustGiving Page. Share it on your Instagram Story and any other social media you use. You can even text and email your JustGiving Link.

How do I find my fundraiser?

To find your JustGiving fundraiser, go to <http://justgiving.com/>. You can search your name or log in to your account to find your page.