



Frequently Asked Questions

100 Squats a Day in November

Pieta Fundraising Challenge

What is the challenge?

The challenge is to do 100 squats a day during the month of November all while raising funds for Pieta.

How do I keep track of how many squats I do?

You can use this [challenge tracker](#), which is also linked in the [Facebook Group](#). Just write down how many squats you do at the end of each day. Don't forget to post in the [Facebook Group HERE](#) and let us know how you are getting on!

Is there an app I can use to track my squats?

You can use your preferred fitness tracking device to do this. People taking on these challenges have previously used Strava, FitBit and Apple Health apps. You can connect Strava to your JustGiving Fundraiser. [Instructions here](#).

How do I know I've completed the challenge?

As part of this challenge, you will be asked to set up a '100 Squats a Day' JustGiving Fundraising Page for Pieta, where you can post your squats you complete to keep your donors up to date. You can also track your progress on our [challenge tracker](#) so you know once you've completed the challenge.

How do I get my challenge T-shirt and water bottle?

You can register for the challenge [HERE](#). As soon as you start your fundraising you will be sent a Pieta t-shirt, and we will also send you a water bottle when you raise €250!.

How do I set up a JustGiving fundraising page?

Once you have completed the registration form, you'll be asked to set up your JustGiving donation page - If you missed that step don't worry, [you can create your fundraiser HERE](#).

Can I donate instead of fundraising?

Yes, that is no problem. Once you register and create your fundraising page, you can make a self donation to your page. That way you'll still receive your challenge T-shirt.

I still have not received my T-shirt or water bottle?

Pieta will only be providing a T-shirt to those who raise €5 or more throughout this challenge, and a water bottle to those who raise €250.

Please allow up to 5-7 working days after your first donation for your T-shirt to arrive. This is a large fundraising event, so we thank you for your patience.

Can I take part in this challenge with friends or family?

Yes, you can complete this challenge with friends and family, In fact, it is a great way to enjoy lots of healthy, competitive fun. We would recommend that each individual who wishes to take part registers so that they can qualify for their T-shirt.

Can I take part in this challenge with colleagues?

Yes, you can complete this challenge as an organisation or work group. In fact, it is a great team bonding exercise and lots of healthy, competitive fun. We would recommend that each individual who wishes to take part registers so that they can qualify for their T-shirt.