

Launching July 15



#JDRFSummerChallenges

Show Us Your #JDRFPower!

Since we can't walk together in person this fall, we're challenging you and your JDRF One Walk team to get creative, get moving, and make a difference. Choose any challenges you would like to complete, or complete at least four out of eight challenges to receive a **JDRF True Blue Medal***

Complete each challenge, post them on social media, and text or email them to a friend!

Tag @JDRFBayArea and hashtag #JDRFSummerChallenges.

Email your picture or video to greaterbay@jdrf.org to be featured on our social media!

When you share your post, include the link to your JDRF One Walk fundraising page!

*You must be registered for the JDRF One Walk and raise at least \$100 to win the medal.



JDRF/ONE WALK
FOR A WORLD WITHOUT TYPE 1 DIABETES **T1D**



Register at
Walk.jdrf.org

#JDRFSummerChallenges



Show Us Your #JDRFPower!

Done!

- #PowerUp! Get started by registering for the #JDRFOneWalk!**
- #JDRFPowerMask**
Mask Making Challenge! Give your mask some JDRF sparkle, glam and excitement! Feeling super skilled? Sew your own mask! Need inspiration? Use last year's Walk t-shirt or buff!
- #JDRFPowerFacts**
Impact Challenge! Visit jdrf.org/power-of-us and explore key events and achievements in JDRF's 50-year history. Share your favorite facts on your social media!
- #JDRFPowerOfLove**
Hero Challenge! Highlight your T1D hero on social media! Are they a JDRF researcher, your medical provider? Your parent, your best friend? Or, they could be your local representative supporting the Special Diabetes Program.
- #JDRFPowerSwag**
Take a picture in your favorite JDRF Swag! Don't have any? Create your best idea for a Walk t-shirt and share it! Send us your digital designs—they may be displayed at our virtual Walk Day experience!
- #JDRFPowerScreen**
Virtual Tech Challenge! Create an Walk-themed background for your virtual meetings. Encourage your team members to use these for all of their online meetups. Capture your team together on the screen!
- #JDRFPowerMove**
Move Challenge! We want to see your #sweatselfie! Walk 1 mile, go on a bike ride, swim – anything! Use Strava to track your progress! Can you spell JDRF or T1D on your path?
- #JDRFPowerOfArt**
Artwork & Drawing Challenge! Get out your paint brushes, sidewalk chalk, window markers or crayons! Raise awareness for T1D and show the world your support for JDRF!
- #JDRFPowerPlay**
Create an account and customize your avatar in Roblox for our In-Game Walk experience on November 1! Take a screenshot and share it with us! #RobloxWalks

