Before the end of CF Awareness Month (May 31st) be sure to share videos, photos or an update with your supporters to show them you've completed your challenge.

The 2020 Walk to Make Cystic Fibrosis History has gone virtual! So what does this new, social distancing friendly format mean for you?

**VIRTUAL CHALLENGE 'HOW TO' GUIDE**

The choice is yours! Maybe a stair challenge, daily push-ups, song-writing or singing, something creative. Or you could set a walking, running or work-out goal.

**REGISTER TO WALK**

Sign up to walk solo or join a team. Either way you're a step closer to helping improve the lives of people living with cystic fibrosis. Thank you!!

**TELL YOUR FRIENDS & FAMILY**

Update your personal fundraising page. Share it with your friends and family and tell them why you're going to #walkyourway4CF. Ask them to join you and register or donate today.

**FUNDRAISE**

Post updates and ask for support on social media. Share why it's important to you. Use #walkyourway4CF and #walktomakeCFhistory. See our fundraising toolkit for inspiration.

**COMPLETE YOUR CHALLENGE**

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