



LIVER LIFE
WALK

WALK TO END LIVER DISEASE

WELCOME, TEAM CAPTAIN!

THANK YOU FOR JOINING THE 2022 LIVER LIFE WALK!

Welcome! We can't thank you enough for being a Liver Life Walk Team Captain! Whether you are walking for your health or for a loved one, we applaud you for taking the first step by registering as a Team Captain for Liver Life Walk.

Your participation will bring awareness to liver disease and provide financial support for our educational programs and patient services offered to millions of Americans battling one of the 100 known liver diseases.

Now that you're registered,

HERE ARE YOUR NEXT STEPS:

1. SET A GOAL

Connect with the American Liver Foundation staff via Zoom, phone, email or text to assist you in setting a realistic and achievable recruitment and fundraising goal for your team. **The average Liver Life Walk team has 10 team members and raises \$1,000.**

2. LOGIN TO THE LIVER LIFE WALK EXPERIENCE CENTER

From the Liver Life Walk Experience Center you can customize your team and personal web pages, send emails, and share your fundraising page directly to social media. These tools will help you keep your team organized and track progress toward your goals.

You'll earn points for each action you take in the Liver Life Walk Experience Center, which can be redeemed for incentive prizes.

3. BUILD YOUR TEAM

Invite everyone you know to join your team and come together on walk day. **Share why you're walking and ask others to join your team** by posting on social media and sending emails and texts to family, friends, neighbors, colleagues, and others.



4. RAISE FUNDS

Ask, Ask, Ask! Don't be intimidated to ask for donations. **While there may be individuals who are unable give right now, there are many that are eager and willing to support organizations like the American Liver Foundation.** Motivate your team members to fundraise! Set a fundraising goal of \$100 per teammate – that will get them a Liver Life Walk T-Shirt!



5. CONNECT TO FITBIT & GET STEPPING!

Help us reach our step goal by syncing the FitBit app to your Liver Life Walk Experience Center. Don't have a FitBit? No worries! You can still create & link an account with Mobile Track. Here's How:

Step 1: Go to the app store on your mobile device and download the Fitbit App.

Step 2: Open the Fitbit App and create an account.

Step 3: Once your account is created and you are logged in to the app select "My Account"

Step 4: From the My Account page, select "Set Up a Device"

Step 5: Select your FitBit of choice, or if you don't have a FitBit select "MobileTrack"

Step 6: Login to the Liver Life Walk Experience Center through liverlifewalk.org and select "Link to your Fitbit Account".

Step 7: Enter your Fitbit username and password and agree to allow Adcieo access to all the app data.

Step 8: GET STEPPING!



6. FOLLOW US ON SOCIAL MEDIA

Follow [@LIVERLIFEWALK](https://www.facebook.com/LIVERLIFEWALK) on Facebook and Instagram to stay up to date with all things walk related! Share our page with your team members so they can follow along, too!



7. CELEBRATE!

Create and wear team shirts on walk day as a way to show team unity. Take a team photo at the walk and share it with team members, donors and supporters. Don't forget to post your pictures on social media and use the hashtag **#LIVERLIFEWALK!**



Most importantly, thank your donors & team members for supporting you and helping us get one step closer to a world without liver disease.

Fundraising checks can be mailed to:

American Liver Foundation - c/o Liver Life Walk
P.O. Box 299
West Orange, NJ 07052

***Be sure to include your name & team name in the memo**