

## Facebook 1

1 in every 125 babies is born with a serious heart condition. I'm doing The 125 Challenge to help them!

This October, I'll be challenging myself with 125 (*squats, burpees, bounces...whatever you're doing!*) to help the 1 in 125. Every donation, no matter how small, will help Tiny Tickers (*tag @tinytickers*) improve the early detection and care of babies with heart defects, as well as support their families.

Please support me! You can donate here: (*link to your Just Giving page or Facebook Fundraiser*)

#125Challenge #chd #chdawareness

**(Share with the 'I'm doing the 125 Challenge' image)**

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## Facebook 2

*(Name)* is my 1 in 125. (Share a little about their story)

Please support my 125 Challenge this October, to help the 1 in every 125 babies born with a serious heart condition. Your support will help Tiny Tickers (*tag @tinytickers*) to improve the early detection and care of heart babies and support their families.

Please donate here: (*link to your Just Giving page or Facebook Fundraiser*)

#125Challenge #chd #chdawareness

**(Share with your personalised 'My 1 in 125' image. Email [aimie@tinytickers.org](mailto:aimie@tinytickers.org) to request an image if you haven't already received one.)**

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## Instagram 1

1 in every 125 babies is born with a serious heart condition. I'm doing The 125 Challenge to help them!

This October, I'll be challenging myself with 125 (*squats, burpees, bounces...whatever you're doing!*) to help the 1 in 125. Every donation, no matter how small, will help @tinytickers improve the early detection and care of babies with heart defects, as well as support their families.

Please support me! You can donate via the link in my bio. (*link to your Just Giving page or Facebook Fundraiser in your profile*)

#125Challenge #chd #chdawareness #tinyhearts #heart #hearts #congenitalheartdefects

**(Share with the 'I'm doing the 125 Challenge' image)**

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## Instagram 2

*(Name)* is my 1 in 125. (Share a little about their story)

Please support my 125 Challenge this October, to help the 1 in every 125 babies born with a serious heart condition. Your support will help @tinytickers to improve the early detection and care of heart babies and support their families.

Please donate via the link in my bio. (*link to your Just Giving page or Facebook Fundraiser in your profile*)

#125Challenge #chd #chdawareness #tinyhearts #heart #hearts #congenitalheartdefects

**(Share with your personalised 'My 1 in 125' image. Email [aimie@tinytickers.org](mailto:aimie@tinytickers.org) to request an image if you haven't already received one.)**

### **Twitter 1**

1 in every 125 babies is born with a serious heart condition. This October, I'll be challenging myself with 125 (squats) to help them! Every donation, no matter how small, will help [@tinytickers](#) improve the early detection & care of heart babies: [\(link\)](#)

#125Challenge

*(Share with the 'I'm doing the 125 Challenge' image)*

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### **Twitter 2**

(Name) is my 1 in 125. Pls support my #125Challenge this October, to help the 1 in every 125 babies born with a serious heart condition. Your support will help [@tinytickers](#) to improve the early detection & care of heart babies & support their families: [\(link\)](#)

*(Share with your personalised 'My 1 in 125' image. Email [aimee@tinytickers.org](mailto:aimee@tinytickers.org) to request an image if you haven't already received one.)*

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