



challenge 27 social media caption templates

Here is an example caption you can use on your social media profiles to promote your involvement in Challenge 27.

For Facebook, LinkedIn or Instagram:

I'm taking on 27 my way this September for FightMND's Challenge 27! **[insert your challenge here e.g. I will be doing 27 push ups every day for 27 days]** to raise vital awareness and funds for motor neurone disease (MND) research and care initiatives. Why Challenge 27? Because the average life expectancy for someone living with MND is 27 months from diagnosis. Help me reach my fundraising target of **\$xxx** and help FightMND work towards a world free of MND.

For Facebook or LinkedIn: Donate today: **[insert fundraising page link here]**

For Instagram: Donate via link in my bio!

NOTE: Please add your fundraising page link to your Instagram bio before posting

For X:

[insert your challenge here e.g. I will be doing 27 push ups every day for 27 days] to help FightMND work towards a world free of motor neurone disease. Help me reach my fundraising target of **\$xxx**: **[insert fundraising page link here]**