



American Heart Association®
Teen of Impact

DIRECT IMPACT OPPORTUNITIES

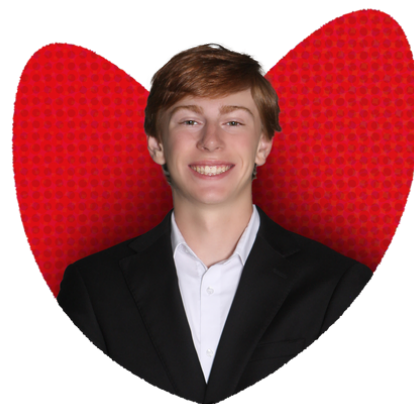
Bring the mission of the American Heart Association to life within your network and community!

During the Teen of Impact campaign, nominees and team members can participate in activities each week that will deepen their connection to the mission and inspire their network. Registered nominees and team members can earn points for these activities that count toward their overall total.

Follow 2 easy steps to earn Direct Impact Opportunity Points:

1. Go to the “Direct Impact Opportunities” tab in your HQ each week.

2. Complete the activity in your HQ when it opens on Mondays. Hit submit to earn points!



Important Note: Each registered nominee and team member can earn up to 2,500 Direct Impact Points. Not more than 30% of qualifying points can be collected through Direct Impact Opportunities (minimum of 70% of points counted must be from dollars raised). Activities are time-bound and must be completed during the indicated timeframe.

Visit your fundraising HQ online to learn more about Direct Impact Opportunities.

WEEK 1	KICKSTART YOUR COMMUNITY FEBRUARY 9 TH – 15 TH	
		WEEK 2
WEEK 3	ADVOCATE TO SAVE A LIFE FEBRUARY 23 RD – MARCH 1 ST	NATION OF LIFESAVERS FEBRUARY 16 TH – 22 ND
		WEEK 4
WEEK 5	MIND, HEART, BODY CONNECTION MARCH 9 TH – 15 TH	KNOW YOUR FAMILY HISTORY MARCH 2 ND – 8 TH
		WEEK 6
WEEK 7	ACT F.A.S.T. MARCH 23 RD – 29 TH	HEALTHY HABITS, LIFELONG BENEFITS MARCH 16 TH – 22 ND
		WEEK 8
		ATTITUDE OF GRATITUDE MARCH 30 TH – APRIL 5 TH



American Heart Association®
Teen of Impact

DIRECT IMPACT OPPORTUNITIES

KICKSTART YOUR COMMUNITY | FEBRUARY 9TH – 15TH

400 POINTS

Heart disease remains the leading cause of death in the U.S., but together, we can change that. Watch our “Heart Makes Possible” video about the power of the American Heart Association. Then, kickstart your impact by making phone calls, sending emails and texts or posting on social media. Consider sharing the video to amplify your message, and don’t forget to include a call to action for your network to donate to your Teen of Impact campaign! Confirm you completed this week’s activity to earn 400 points.

NATION OF LIFESAVERS | FEBRUARY 16TH – 22ND

400 POINTS

You can learn to save a life in just 90 seconds. Most cardiac arrests happen at home; knowing what to do could save someone you love. Join the American Heart Association’s Nation of Lifesavers today by watching our 90-second instructional video on Hands-Only CPR and let us know what you’ve learned with a quick quiz to earn 400 points.

ADVOCATE TO SAVE A LIFE | FEBRUARY 23RD – MARCH 1ST

300 POINTS

Heart disease and stroke affect lives every day, but your voice can drive change. One way to do that is through Heart Powered, the Association’s grassroots network, which brings together communities across the nation to advocate for policies that can ensure longer, healthier lives for all. Join Heart Powered this week and earn 300 points. You’ll be able to communicate with key legislators, connect with advocates near you, learn valuable skills, and stay up-to-date on the heart and stroke issues that matter most to you. You can make a difference by advocating for a healthier, stronger America.

KNOW YOUR FAMILY HISTORY | MARCH 2ND – MARCH 8TH

250 POINTS

Your family’s health history is a powerful clue to your own risks. Share it with your doctor to help prevent heart, brain and other health issues. Genetics matter, but your habits do too, and you have the power to change them. Watch our video about the importance of knowing your family history with cardiovascular disease to earn 250 points this week.

MIND, HEART, BODY CONNECTION | MARCH 9TH – 15TH

300 POINTS

Life gets busy: homework, sports, jobs, and college apps. Stress is real, and it affects your mind, heart, and body. That’s why self-care matters. Pause, breathe, and protect your health. Take a moment for yourself today by completing our guided meditation and earn 300 points this week.

HEALTHY HABITS, LIFELONG BENEFITS | MARCH 16TH – 22ND

300 POINTS

Heart disease is a huge health risk, but healthy habits can help prevent it. Eat balanced meals and get moving to boost your heart health, mood and focus. Watch our video with tips from past Teen of Impact nominees and then take our quiz to earn 300 points this week.

ACT F.A.S.T. | MARCH 23RD – 29TH

250 POINTS

Stroke is the No. 5 cause of death and a leading cause of disability in the U.S. It occurs when a brain blood vessel is blocked or bursts, cutting off oxygen and nutrients. Every second counts, recognizing symptoms and calling 911 immediately can save a life. Complete the [F.A.S.T. digital experience](#) to help you recognize the signs of a stroke to earn 250 points this week.

ATTITUDE OF GRATITUDE | MARCH 30TH – APRIL 5TH

300 POINTS

Gratitude is good medicine; it boosts mood, sleep, immunity, and even lowers blood pressure. Gratitude makes a difference — and so can you. This week, take time to connect with 10 people who impact your life. Share your story, thank you, and invite them to become part of something bigger by supporting your campaign. You’ll earn 300 points for spreading good vibes and growing your impact!