Here's How to Participate:

1. Choose your personal push up goal and donation amount.
2. Register for "Virtual Fundraiser" at www.msc4vp.org/mm
3. Record a video of your push ups, and then nominate someone for the challenge.
4. Share your video on social media, tag CVP, and provide a link to our website.
5. Donate online at www.msc4vp.org/donate or send it in the mail.
6. Get your very own Magnolia Movement bracelet for completing the challenge!