Here are some sample messages you can post on Facebook and Instagram to boost your fundraising and teambuilding efforts. Don’t forget to replace team names and event details with your own personal info and include a link to your personal or team page on The3Day.org! On all the platforms, but especially on Instagram, include photos from the 3-Day or of your other training and fundraising efforts to really catch   
the eye!

**Facebook**

*Log in to your 3-Day Participant Center to set up a Facebook Fundraiser that links directly to your 3-Day fundraising account. If you’re not using your Facebook Fundraiser to post messages, add the URL of your personal page to the end of any message you share/send on Facebook, or add the URL of your team page for teambuilding messages.*

*Don’t forget to “like” the Susan G. Komen 3-Dayat* [*http://www.facebook.com/the3day*](http://www.facebook.com/the3day) *and post on our wall to update us on your progress. You can also tag us (@The3Day) in your Facebook posts so others can link to our page too!*

*You should also join your local 3-Day group to get new fundraising ideas and connect with your fellow   
3-Dayers. Find us at:*<https://www.facebook.com/groups/KomenNewEngland3Day>

<https://www.facebook.com/groups/KomenDenver3Day>

<https://www.facebook.com/groups/KomenDallasFortWorth3Day>

<https://www.facebook.com/groups/KomenSanDiego3Day>

*You can find images to liven up your Facebook posts on* [*The3Day.org/Fundraising*](https://secure3.convio.net/npt/site/SPageServer/;jsessionid=00000000.app30120b?NONCE_TOKEN=6F65E4A9712A437FCBFCC0554CFE0551&pagename=parti_fundr_)*, including shareable fundraising progress graphics, conversation bubbles, cover photos and profile images. Sharing images with your updates helps your status stand out!*

**Teambuilding**

*Tip: With every new member who joins your team, welcome them by tagging them in a Facebook status. It will make them feel appreciated and encourage other friends to join you!*

*Helpful hint: After you copy and paste these posts on Facebook, make sure to tag @The3Day*

**Team Recruitment — General Statistics**  
One in eight women in the U.S. will be diagnosed with breast cancer in her lifetime. Who do you know who has been affected? Commit [3, 2 or 1] day(s) to an incredible journey on the @The3Day. It’s a [60, 40 or 20]-mile walk taking place from November 15-17 in San Diego. The money raised for the Susan G. Komen 3-Day will help end breast cancer forever. Visit The3Day.org to register and join my team, [Insert Team Name]. We won’t stop until breast cancer does.

**Team Recruitment — General Statistics**

Every two minutes, one case of breast cancer is diagnosed in a woman in the U.S. What can we do about it? I’m walking [60, 40 or 20] miles and raising thousands of dollars for @The3Day, to help end breast cancer forever. It will be a challenge, but it’s not as hard as breast cancer. Join me and my team, the [Insert Team Name], at The3Day.org.

**Team Recruitment — New Team**I’m ready to end breast cancer forever. This year, I committed to @The3Day, where I’ll be walking [60, 40 or 20] miles, from November 15-17, in San Diego. It won’t be easy, but it’s not as hard as breast cancer. I don’t want to do it alone, so who will join me? We can form a team to train and raise money. Check it out at The3Day.org. Are you in?

**Team Recruitment — In Honor**I’m participating in @The3Day to support and celebrate my cousin [Insert Name and Tag], a fierce and fabulous breast cancer survivor. If you know [Insert Name] (or even if you just know me), you know how important it is to step up and fight back against breast cancer. Visit The3Day.org to register and join [Insert Team Name].

**Team Recruitment — Returning Team**As many of you know, I’ve been participating in @The3Day for six years with my fabulous team, [Insert Team Name]. This year we’re looking to grow our team, so we can have an even bigger impact in the fight to end breast cancer. Visit The3Day.org to register and join [Insert Team Name]. We won’t stop until breast cancer does.

**Team Recruitment — Recruitment Goal Challenge**In celebration of my 10th year participating in @The3Day, I’m trying to add 10 new members to my team, [Insert Team Name]. That’s one new team member for each of my 10 toes that will be helping me walk [60, 40 or 20] miles to end breast cancer! Don’t think you can do it? Neither did I! But it’s not only possible — it’s the experience of a lifetime. Register today at The3Day.org and join [Insert Team Name]! #The3Day

**Team Recruitment — Training**

This November, I’m walking @The3Day again with my amazing team, [Insert Team Name]. We’re going to start training walks at the beginning of April, so join us now! We can help you train and pass on some great fundraising advice. Sign up at The3Day.org, or direct message me for more info.

**Awareness**

One in eight women in the U.S. will be diagnosed with breast cancer in her lifetime. Who do you know who has been affected? The Susan G. Komen 3-Day is a dedicated community of fundraisers and advocates who, each year take on an incredible challenge; a three-day and up to 60-mile journey to end breast cancer. Whether we walk 20, 40, or all 60 miles — every step and every dollar raised matters. We do it for ourselves, our sisters, mothers, fathers, daughters, sons, and friends. We walk because we can’t sit on the sidelines watching while breast cancer steals the lives and futures of our friends and family members. Visit The3Day.org for more info — or just ask me!

Find out how at The3Day.org. #The3Day

**Fundraising**

*Tip: With every donation you receive, thank your donors by tagging them in a Facebook status update. It will make them feel appreciated and encourage other friends to donate! You can also tag friends and “challenge” them to donate to your 3-Day goal or set up a birthday fundraiser on Facebook and ask people to donate in lieu of giving you presents.*

**Fundraising — In Honor**  
I’m participating in @The3Day in honor of my mother, who passed away from breast cancer three years ago, and my dear friend [Insert Name], who was recently diagnosed and is bravely going through treatment now. I’m walking [60, 40 or 20] miles in three days. It’s a challenge, but nothing compared to what [Insert Name] is going through. Please show your support and donate today!

**Fundraising — One Day Challenge**

Today I’ve challenged myself to get 10 donations for @The3Day, to help end breast cancer forever. So far, I have three donations (thank you [tag] [Insert Name], [Insert Name], and [Insert Name]!); can you help me get seven more before the end of the day? Make your donation now! Or if you’ve already donated, please share this request!

**Fundraising — $500 Challenge**

There are just five days to go until @The3Day, and I’ve challenged myself to raise $500 more! Can you help me reach my goal? Donate now!

**Fundraising — Progress to Goal**

I’m halfway to my fundraising goal for @The3Day! Help me reach my goal by donating today and sharing this request with your friends. Every dollar makes a difference.

**Fundraising — Group Thank You**  
Thank you to everyone who has donated to support my fundraising efforts for @The3Day. I am sincerely grateful. But my work is not done! Follow my fundraising progress at my Susan G. Komen 3-Day webpage. For those of you who haven’t had time to check out my page yet, it’s not too late to donate!

**Fundraising — Personal Thank You**  
Thank you to [tag] [Insert Name], who donated today to support my fundraising efforts for @The3Day! Who will be the next to step up? Check my fundraising progress at my personal fundraising webpage. Help me end breast cancer by being my next donor today!

**Instagram**

You can use many of these same posts on Instagram! Just make sure you accompany them with your favorite 3-Day photos! These can be of you and your team, you during your training or fundraising efforts, or you with the person who has inspired you to walk.

*Don’t forget to follow the Susan G. Komen 3-Dayat* [*https://www.instagram.com/komen3day/*](https://www.instagram.com/komen3day/) *and use #The3Day in your posts. You can also use a specific hashtag for the specific event you’re walking: #NE3Day for New England, #DV3Day for Denver, #DFW3Day for Dallas/Fort Worth, and #SD3Day for San Diego.*

*You can also use special 3-Day GIFs in your Instagram Stories! Just search “The3Day” in the GIFs section of Stories. If you post in stories, be sure to tag us @komen3day, so we can share your posts.*

**Awareness**

Walking [60, 40 or 20] miles sounds like a big challenge… but it’s not as hard as breast cancer. Commit to @Komen3Day at The3Day.org. Comment below or message me if you’re interested in joining me on this amazing journey and I can send you more information! #The3Day

My happy place is @The3Day. Want to help build a future without breast cancer? Join me! Comment below or message me if you’re interested in joining me on this amazing journey and I will send you more information! #The3Day

**Fundraising**

Today’s Challenge: To get 10 donations to help end breast cancer! Support me and donate today at the link in my bio to help me support #The3Day

I’m 50% to my fundraising goal for the @Komen3Day! Help me get to 100% by donating at the link in my bio! #The3Day

I’m honoring my mom at the @Komen3Day next month. Support me with a donation at the link in my bio! Every donation makes a difference and helps me show my amazing mama just how much we all love her. #The3Day

It’s not too late to donate! Go to the link in my bio today and search for my name to donate and help end breast cancer. Thank you! #The3Day

**Teambuilding**

**Team Recruitment — New Team**  
I’m ready to end breast cancer forever. This year, I committed to the @Komen3Day, where I’ll be walking [60, 40 or 20] miles, on DATES in CITY. It won’t be easy, but it’s not as hard as breast cancer. I don’t want to do it alone though. Come and join me! We can form a team to train, raise money, and have lots of fun 😊 Check it out at the link in my bio. Are you in?

**Team Recruitment — In Honor**I’m participating in the @Komen3Day to support and celebrate my cousin [Insert Name and Tag], a fierce and fabulous breast cancer survivor. If you know [Insert Name] (or even if you just know me), you know how important it is to step up and fight back against breast cancer. Click the link in my bio to register and join my team, [Insert Team Name].