**MBJH Physical Education**

**E-DAY**

**IF you did NOT already register on the American Heart Association website during PE this week, please follow the instructions below:**

1. Click [**HERE**](https://www2.heart.org/site/SPageNavigator/ahc_resources_search.html)to go to the AHA website.

2. Scroll down and enter "Mountain Brook" under "FIND YOUR SCHOOL". Under results on the next page, choose "Sign Up" under Mountain Brook Junior High.

3. Choose either "Yes, I have an account" OR "No, I'm new". Complete registration by filling all any required answers.

**IF you are already registered for MBJH's Heart Association event:**

1. Click [**HERE**](https://www2.heart.org/site/SPageNavigator/ahc_resources_search.html)to log in to your headquarters.

2. Click on the "Email" tab on the top.

3. ENTER AT LEAST 10 EMAILS IN THE RECIPIENTS BOX. Emails should go to family members and family friends. Make sure you separate emails with a comma and space.

4. Choose a sample message (Ex. ASK 1: Donation Request) and add a subject line.

5. Personalize your message if you'd like.

6. Select "Preview and Send" at the bottom of the page.

7. If your email has all required information, select the "Send" button in the top right hand corner.

8. Your E-day assignment must be completed by Tuesday, February 20, 2024.