

Students – Update your ONLINE GOAL!

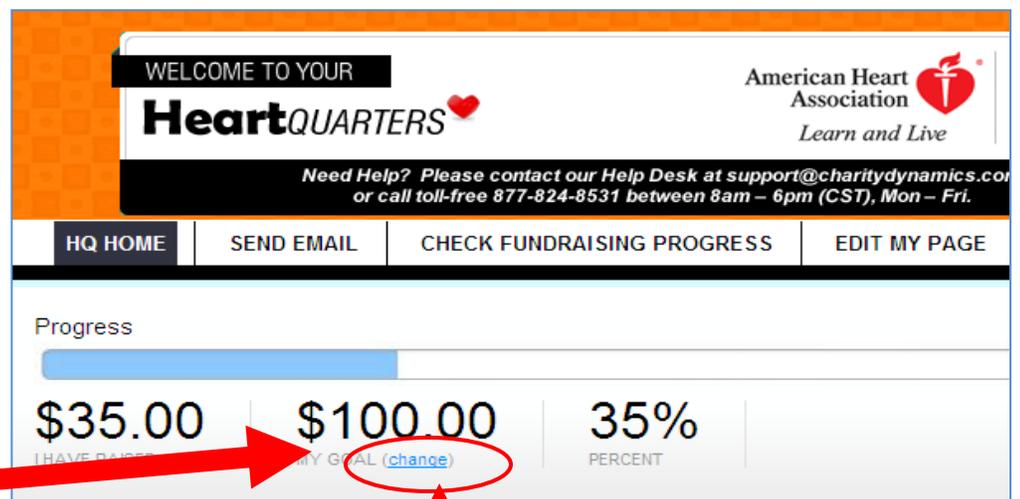


Set a goal for your online donations! **Update your online goal** on your web page so everyone can see. Here's how...



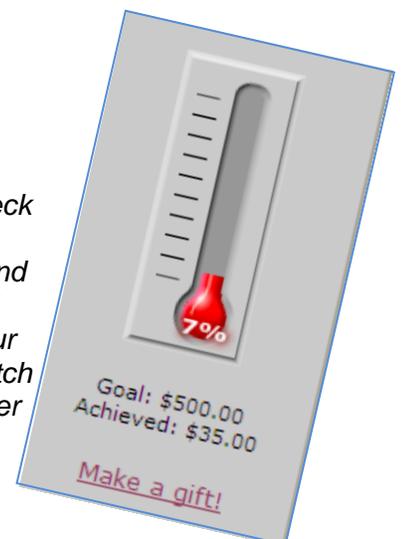
Step 1: Log in to your HeartQuarters web page by visiting www.heart.org/jump and click on the button that says 'Login'. Enter your username and password and click on the '[Jump Rope For Heart](#)' link.

Step 2: In your 'HQ HOME' tab, you will see your progress bar that shows any donations you have received and your pre-set goal. Click on the '[change](#)' link below the pre-set goal.



Step 3: A box for you to enter your new online goal will appear. Enter the new dollar amount and click **Submit**.

Make sure to check back to your HeartQuarters and Your Personal Page to see your progress and watch your thermometer grow!



CONGRATULATIONS! You have set your goal! Check out '[How to Send Emails](#)' to let family and friends know how they can help you reach your goal.