

# Ready, set, pull-up!

Simple steps to get your challenge started.



## Spread the word

Let everyone know about your challenge and encourage others to join in too.



## Plan your month

Think about how you'll manage 310 pull-ups across the month. You could do 10 a day, or more at weekends or just whenever you get a spare moment.



## Get fundraising

Use the tips and tools in your pack to start raising money. Our life-saving research is only possible thanks to amazing supporters like you.

