



Fundraising ideas

We want to make sure you're rewarded for your incredible effort. To kickstart your challenge, we've put together these handy fundraising tips and ideas.

Kickstarters



Set a target

Keep yourself motivated with a fundraising goal. If you set a target on your online Giving Page, you can raise 145% more sponsorship.

Make the first move

Show potential supporters that you're committed and make a contribution to your own online Giving Page to kick off donations.

Tell your story

Our most successful fundraisers often have really personal online Giving Pages. Kit yours out with the story of why you've decided to take part, regular updates, photos and a thank you to your lovely donors!



Team up

Encourage your friends and family to join the challenge too and make fundraising a real team effort.

Promote yourself online

Share your online Giving badges and official challenge badge across your social media for instant results.



Join our social communities

Meet others, share top tips and motivate each other through the month by joining our 100 Push-Ups a Day in January Challenge **Facebook group**.

At work

Ask your employer

Completing 100 push-ups a day will help you feel more energised at work. What's your company prepared to donate to their happier and healthier employee? See if they'll make a donation or match the funds you raise.

Tell your colleagues

Share your fundraising link with people you know – they might want to support you or join in! Make sure you're only contacting people who know you and want to hear from you.

