

# Ready, set, plank!

Simple steps to get your challenge off the ground.



## Spread the word

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



## Plan your month

Think about when you'll complete your planks and how you'll build up your time throughout April.



## Get fundraising

Use the tips and tools in your pack to start raising money.



## Team up

Encourage your friends to take part with you. Motivate each other to get planking and raise money to power progress for people affected by cancer.

