

# 30 Day Plank Challenge Totaliser



Name

.....

**is planking every  
day this April  
to power progress  
for people affected  
by cancer.**

Donate to their online  
Giving Page to help them  
smash their target.

Your online Giving Page URL

.....

Visit [cruk.org/plankchallenge](http://cruk.org/plankchallenge)

Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247).

Target  
£ .....

Total  
£ .....

Week 4  
£ .....

Week 3  
£ .....

Week 2  
£ .....

Week 1  
£ .....