

Take part as a team

Recruit your friends, family or colleagues to join you in tackling the challenge by following the four steps below.

1. All your team members will need to sign up to the 100 Push-Ups a Day Challenge so they each have their own Cancer Research UK online Giving Page.
2. Once everyone's signed up, log in to your account.
3. Scroll down and hit the 'Create new team' button and follow the instructions.
4. When sharing your team page URL, make sure you're contacting people who know you and want to hear from you.



Name: _____ Amount: _____1	Name: _____ Amount: _____2	Name: _____ Amount: _____3	Name: _____ Amount: _____4	Name: _____ Amount: _____5	Name: _____ Amount: _____6	Name: _____ Amount: _____7
Name: _____ Amount: _____8	Name: _____ Amount: _____9	Name: _____ Amount: _____10	Name: _____ Amount: _____11	Name: _____ Amount: _____12	Name: _____ Amount: _____13	Name: _____ Amount: _____14
Name: _____ Amount: _____15	Name: _____ Amount: _____16	Name: _____ Amount: _____17	Name: _____ Amount: _____18	Name: _____ Amount: _____19	Name: _____ Amount: _____20	Name: _____ Amount: _____21
Name: _____ Amount: _____22	Name: _____ Amount: _____23	Name: _____ Amount: _____24	Name: _____ Amount: _____25	Name: _____ Amount: _____26	Name: _____ Amount: _____27	Name: _____ Amount: _____28
Name: _____ Amount: _____29	Name: _____ Amount: _____30	<p>How are you going to tackle the challenge together?</p> <p>Use the calendar above to share out your push-ups across the month. Input every team member's name and amount of daily push-ups.</p> <p>Why not get competitive and see who can take on the most push-ups every day? Add the name of the daily winner and number of push-ups achieved.</p>				