

# 100 Push-Ups a Day Challenge Totaliser



Name

.....

**is doing 100  
push-ups a day  
in January  
to help back  
breakthroughs.**

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

Your online Giving Page URL

.....

Think that you can do better?  
Visit [cruk.org/100pushupsjan](https://cruk.org/100pushupsjan)



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

£ .....