



Challenge
yourself in
April 2026

30 Day Plank Challenge

Your fundraising guide



CANCER
RESEARCH
UK

Together we are
beating cancer

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.





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 more than double your 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!



At work

Ask your employer

Planking every day over the month will make 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.

Team up

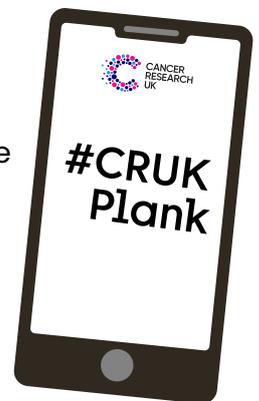
Encourage your friends and family to join the challenge too and make fundraising a real team effort.

Promote yourself online

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

Join our Facebook community

Meet other plankers, share top tips and motivate each other through the month by joining our **30 Day Plank Challenge Facebook group**.



Tell your colleagues

Send an email to your work colleagues to let them know you're planking every day in April to help fund life-saving research. **Tip: why not add your online Giving Page link to your email signature?**



Fundraising boosters

Use these ideas to give your fundraising a lift and smash your target.



Film a video

Video yourself completing your planks to let friends and family know you're supporting Cancer Research UK and share across your social media.



Dinner party

Plankers need fuel, so why not host a dinner party fundraiser? It's simple – you cook for your friends in exchange for a donation. Plus, you'll be fuelled for your next big day of planking.



Wrap-up event

'I'll donate when you've done it' – the words no fundraiser wants to hear! Hold doubters to their word with a wrap-up event at the end of your month and lap up those last-minute donations.

30 Day Plank Challenge

Training guide



Adapt the challenge to suit you

People of all fitness levels are taking on this challenge. The important thing is that you're doing something that challenges you. This will vary from person to person, so tailor the challenge however you like. It should be tough, but doable. The goal is to plank every day in April, gradually increasing your time as the month goes on.

Ease your way in

Remember to stretch before and after you plank and gradually build up how long you plank for throughout the month. Why not find out how long and even what time of day works best for you before the challenge begins?

Make a plan

Use your challenge calendar to plan where and when you'll be completing your planks.

Team up

Planking in a group will inspire you to push harder than you might on your own. Whether you complete your planks together or individually, encourage others to join in the challenge too.

Fuel your planks

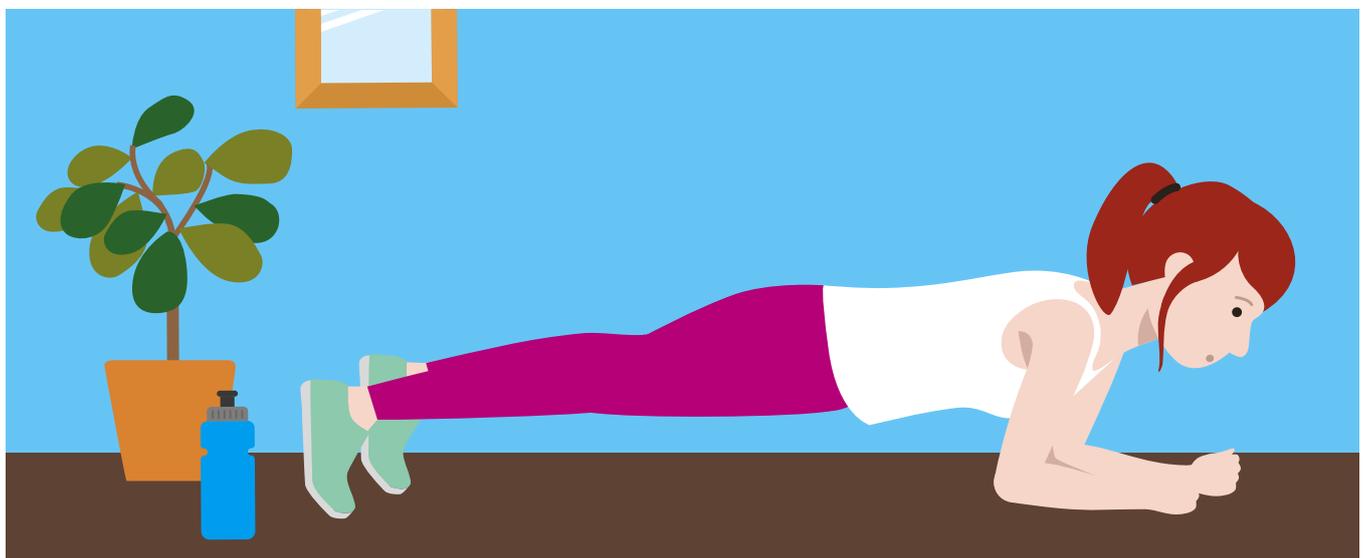
You'll likely be using more energy than usual. Make sure you've got enough fuel to complete your planks by eating a healthy and nutritious diet. For more information, visit cruk.org/diet

How to plank

1. Push into your forearms and feet to push up into a straight line, keeping your back flat.
2. Hold the plank for around 30 seconds or however long works for you.
3. If you're new to planking, you can adapt your planks to keep your knees on the ground and hold it for less time.

Keep hydrated

Make sure you drink enough water before and after your planks.



30 Day Plank Challenge Calendar



Together we are
beating cancer

Keep track of your planks in April



		Time to start planking!									
		1	2	3	4	5					
6	7	8	9	10	11	12	One week down – you're smashing it!				
13	14	15	16	17	18	19	Halfway there!				
20	21	22	23	24	25	26	Keep on planking! Only one week to go				
27	28	29	30	You've done it!							



Visit cruk.org/plankchallenge

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

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
£

30 Day Plank Challenge Sweepstake

Step 1: Get ready

Source a prize for your sweepstake and fill out the details at the top and bottom of the poster.

Step 2: Get set

Ask your friends, family and colleagues if they'd like to guess how long you'll spend planking that week for a suggested donation. Then, get them to fill out their guess and name in a box.

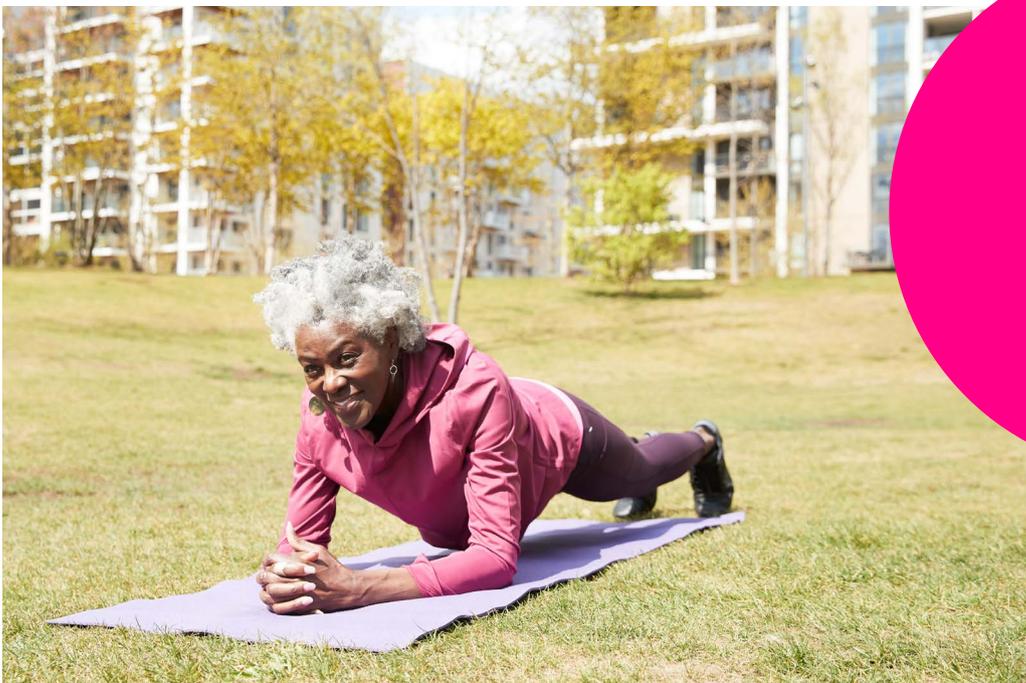
Step 3: Go!

Announce the winner on the date you've mentioned on your poster.

Step 4: Send us your donations

Return your donations in the form of a cheque (payable to Cancer Research UK) or postal order to: 30 Day Plank Challenge, Cancer Research UK, PO Box 1561, Oxford, OX4 9GZ

Remember to include your name and address so we can add it to your fundraising total. If you'd prefer to collect your donations digitally, please share your online Giving Page with sweepstake participants.



**Planking
every day
this April**

30 Day Plank Challenge Sweepstake



How long will
plank for this week?

Please donate* £ to take a guess and support Cancer Research UK.
The person with the closest guess will win

Gussed by	Gussed by	Gussed by	Gussed by
Gussed by	Gussed by	Gussed by	Gussed by
Gussed by	Gussed by	Gussed by	Gussed by
Gussed by	Gussed by	Gussed by	Gussed by

Visit cruk.org/plankchallenge

*No donation is necessary.

1. To enter, pick a box and fill out your name and predicted plank time in the box.
2. Closing date _____ Winner will be revealed by _____
(Please write the closing date and when you will announce the winner here.)
3. The person whose guess is closest to the time planked will win the prize listed above. If the winning plank time is exactly between two guesses, the prize will be given to the guess with the shorter time of the two.
4. All money raised will be donated to Cancer Research UK.
5. The promoter to collect and send money to: 30 Day Plank Challenge, Cancer Research UK, PO Box 1561, Oxford, OX4 9GZ.
6. The promoter is _____
_____ (Please write the name and address of the person organising this sweepstake here.)
7. Cancer Research UK is not the promoter and does not accept any responsibility for your sweepstake.
8. Sweepstake for use in the UK only, to be run by and for the participation of people aged 18 or over only

Reg charity numbers 1089464, SC041666, 1103 & 247



I'm fundraising for **Cancer Research UK**

Event

When

Where

Details



In aid of

**CANCER
RESEARCH
UK**

**Together we are
beating cancer**

30 Day Plank Challenge



Finisher 2026

This April

Your name

.....

completed the
30 Day Plank Challenge

raising

Amount raised

.....

to help fund life-saving research

Thank you for your support!

Every pound raised for every plank completed will help us bring about a world where everybody lives longer, better lives, free from the fear of cancer.



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30 Day Plank Challenge Sponsorship form



Please make sure to fill out each section accurately and in full.

If any of your sponsors would like to add Gift Aid to their donation, please encourage them to donate online, where they'll be given the option to include Gift Aid during the process.

Please use a blue or black pen and write in CAPITAL letters. We kindly ask that you only return the sponsor form to us if you are paying by cheque.

Your details are safe with us. Check out our Privacy Policy at cruk.org/privacy for more details.

Your details

Title: _____ First name: _____ Last name: _____

Address: _____

Postcode: _____ Telephone: _____

Title	First name	Last name	Post-code	Home address	Amount	Date collected
MISS	ANNE	EXAMPLE	ABI 2CD	12 EXAMPLE TERRACE, LONDON	£20.00	DD/MM/YYYY
					£	/ /
					£	/ /
					£	/ /
					£	/ /
					£	/ /
					£	/ /

I've raised a total of £

Next steps

- Collect your donations from your sponsors and send this sponsorship form, along with a cheque made payable to Cancer Research UK, to Cancer Research UK, PO Box 1561, Oxford, OX4 9GZ (please don't send cash).
- Please don't photocopy this form. If you need additional forms please print separately.

Visit 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). Registered address: 2 Redman Place London E20 1JQ. © Cancer Research UK 2026.



Thank you for powering progress

Over the past 50 years,
our work has helped double
cancer survival in the UK.

We're the world's leading cancer charity,
dedicated to saving and improving lives
with our research. Our vision is a world where
everybody lives longer, better lives, free from
the fear of cancer. And, backed by your support,
step by step, our researchers are making this
vision a reality.

More than

8 in 10

people who receive cancer
drugs in the UK receive a drug
developed by or with us.*

1 million

Thanks to progress in cancer
prevention, diagnosis and
treatment, more than a **million
lives have been saved** from
the disease in the UK since
the mid-1980s.**

90%

Our research led to the
development of the HPV
vaccine, which is expected
to **prevent almost 90%** of
cervical cancer cases in the UK.

The difference your money makes



£65

could buy special
restriction enzymes

These act like molecular
scissors to cut up the long
strands of DNA in our cells,
helping us to learn about more
than 200 types of cancer.



£170

could fund one day of
the ABC-07 clinical trial

This is testing innovative
radiotherapy techniques
for treating people with
rare bile duct cancer.



£200

could fund our team of nine
cancer nurses for one hour

Our expert team of cancer
information nurses are on
hand to offer confidential
support and guidance to
people affected by cancer.

*Estimated based on Cancer Research UK analysis of England data

**cruk.org/millionlives

Visit cruk.org/plankchallenge

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