

# 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.



CANCER  
RESEARCH  
UK

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

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Together we are  
beating cancer