

Take part as a team

Recruit your friends, family or colleagues to join your 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: _____	Name: _____ Amount: _____	Name: _____ Amount: _____	Name: _____ Amount: _____	Name: _____ Amount: _____	Name: _____ Amount: _____	Name: _____ Amount: _____
1	2	3	4	5	6	7
Name: _____ Amount: _____	Name: _____ Amount: _____	Name: _____ Amount: _____	Name: _____ Amount: _____	Name: _____ Amount: _____	Name: _____ Amount: _____	Name: _____ Amount: _____
8	9	10	11	12	13	14
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15	16	17	18	19	20	21
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22	23	24	25	26	27	28
Name: _____ Amount: _____	Name: _____ Amount: _____	<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. Write 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>				
29	30					