

Promote your fundraising on Facebook

1

Post a photo in your free Cancer Research UK tech t-shirt



2

Post your online Giving Page link in the comments.
More people will see it this way!



3

Tag three friends who might like to take part with you



Join our Facebook community

Meet other supporters completing the challenge, share top tips and motivate each other through the month by joining our [310 Pull-Ups Challenge Facebook](#)

