



Challenge
yourself in
September
2026

100 Push-Ups a Day Challenge

Your fundraising guide

Ready, set, push!

Simple steps to get your challenge off the ground.



Spread the word

Tell everyone about your challenge and encourage others to join in too.



Plan your month

Think about how you'll manage the 100 push-ups each day. You could complete them at breakfast, lunch and dinner, or do 10 sets of 10 throughout the day, as and when works best for you.



Get fundraising

Use the tips and tools in your pack to start raising money.





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

Completing 100 push-ups a day will help 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 badge across your social media for instant results.

Join our social communities

Meet others, share top tips and motivate each other through the month by joining our **100 Push-Ups a Day in September Challenge Facebook group**.



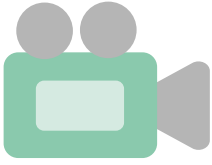
Tell your colleagues

Share your fundraising link with people you know – they might want to support you or join in! Make sure you're only contacting people who know you and want to hear from you.



Fundraising boosters

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



Film a video

Video yourself doing your push-ups to let friends and family know you're supporting Cancer Research UK and share it across your social media.



Host a quiz

Everybody loves to get competitive. Host a quiz and sell tickets in return for donations. Make sure some questions are fitness-related to remind people of what you're doing.



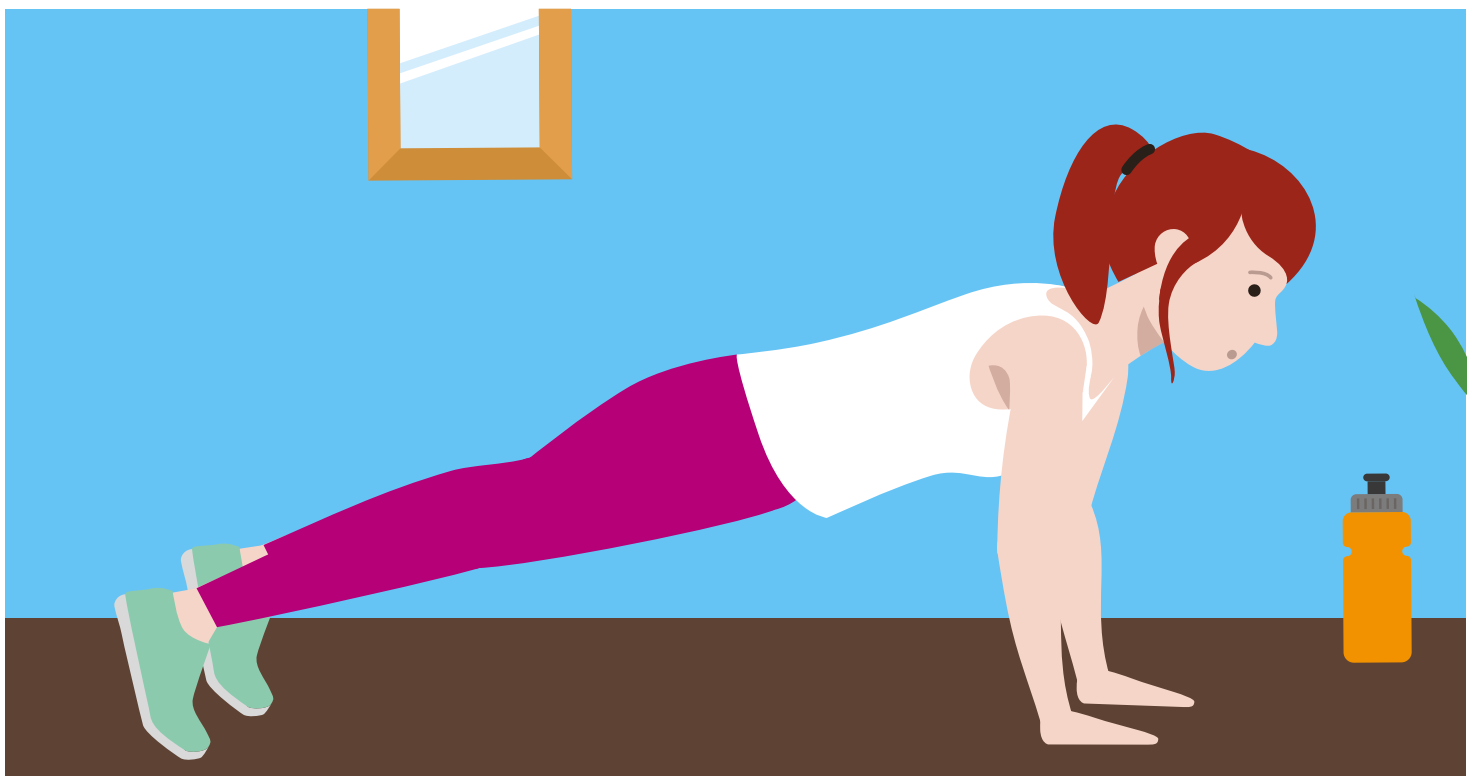
Out with the old

Your pre-loved can power progress. Why not have a clear out? Sell clothes you no longer wear and donate the profits to your online Giving Page.



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 push up those last-minute donations!



Take part as a team

Recruit your friends, family or work colleagues to join your challenge by following the four steps below.

1. All your team members will need to sign up to the **Push-Ups 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: Distance: 1				Name: Distance: 2		Name: Distance: 3	
Name: Distance: 4		Name: Distance: 5		Name: Distance: 6		Name: Distance: 7	
Name: Distance: 8		Name: Distance: 9		Name: Distance: 10		Name: Distance: 11	
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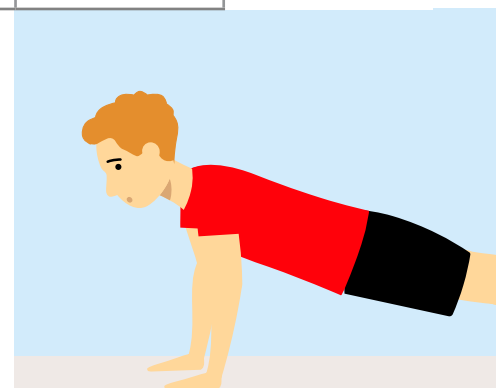
How are you going to tackle the challenge together?

Use the calendar above to share out your push-ups across the month. Write every team member's name and their daily push-ups.

Why not get competitive and see who can take on the most push-ups. Add the name of the daily person who does the most push ups.

Visit cruk.org/septemberpushups

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

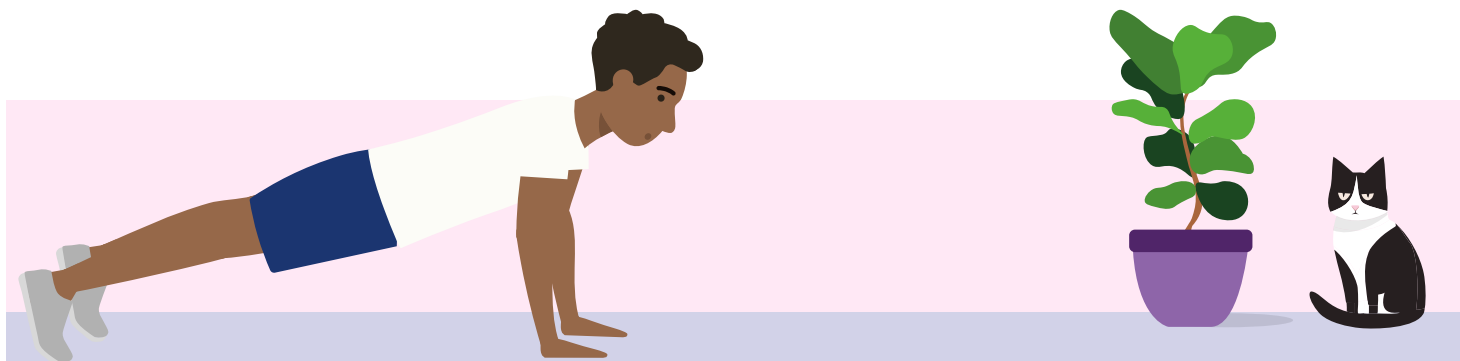


100 Push-Ups a Day Challenge Calendar

Keep track of your push-ups in September



Together we are
beating cancer



	1	2	3	4	5	6
One week down – you’re smashing it!			1,000 push-ups complete!			
7	8	9	10	11	12	13
	Halfway there!					
14	15	16	17	18	19	20
		Keep on pushing! Only one week to go				
21	22	23	24	25	26	27
		Final day				
28	29	30				

Visit cruk.org/septemberpushups

100 Push-Ups a Day Challenge

Training guide



Adapt to your strength level

People of all strength levels can take part in this challenge. Aim for 100 push-ups a day, but take it at your own pace – what matters most is that you're doing something that challenges you. You might build up over time, or have days where you do more or less. However you take it on, every push-up helps power progress.

Ease your way in

Gradually build up the number of push-ups you complete in each go throughout the month. Why not find out how many and even what time of day works for you before the challenge begins?



Make a plan

Use your challenge calendar to plan when you'll be completing your 100 push-ups a day, whether that's all in one go or split throughout the day.

Team up

Doing your push-ups in a group will inspire you to complete more than you might on your own. Whether you complete the push-ups together or individually, encourage others to join in the challenge too!

Fuel those push-ups

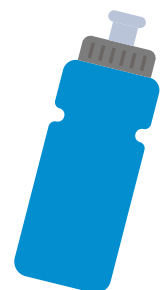
Make sure you've got enough fuel to clock up those push-ups by eating a healthy and nutritious diet. For more information, visit cruk.org/diet

Get the gear

You don't need any specialist equipment to do a push-up, but a comfortable pair of trainers and a training mat can help.

Keep hydrated

Make sure you drink enough water before and after your push-ups.





Promote your fundraising on Facebook

1

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

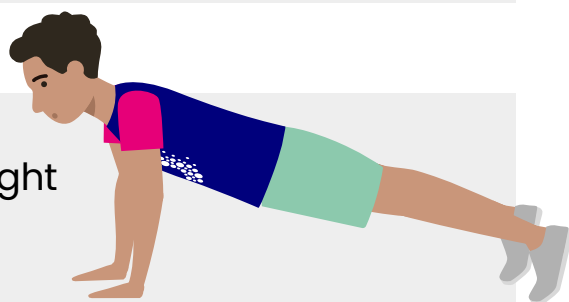


2

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 others taking on the challenge, share top tips and motivate each other through the month by joining our [100 Push-Ups a Day Challenge Facebook group](#).



100 Push-Ups a Day Challenge



Finisher 2026

This September

Your name

completed 100 push-ups
every day

raising

Amount raised

to help save and
improve lives.

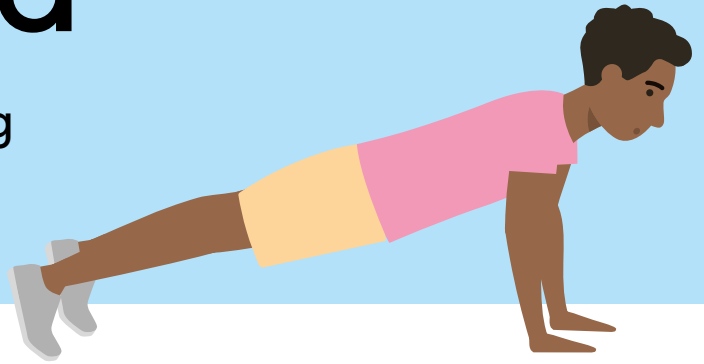
Thank you for your support.

You're helping bring about a world where everybody lives longer,
better lives, free from the fear of cancer.



Push-Ups Challenge Pledge card

Add your story of why you're taking part and share across socials with your online Giving Page.



I'm taking on
the 100 Push-Ups
a Day in September
Challenge because...

100 Push-Ups a Day Challenge Sweepstake



Step 1: Get ready

Find 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 many hours you spent doing push-ups that week for a suggested donation.

Step 3: Go!

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

Step 4: Don't forget

Return your donations in the form of a cheque (payable to Cancer Research UK) or postal order to: 100 Push-Ups a Day Challenge September 2026, CRUK 2RP, PO Box 81666, London, E15 9LJ

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.



**Power
progress with
push-ups this
September**

100 Push-Ups a Day Challenge Sweepstake



How many hours will take to complete their push-ups this week?

Please donate* £ to have a guess and support Cancer Research UK. The person with the closest guess to the total push-up count 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/septemberpushups

*No donation is necessary.

1. To enter, pick a box and write your name and predicted push-up time.
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 correct number of hours will win the prize listed above.
If the winning time is exactly between two guesses, the prize will be given to the lower number of the two.
4. All money raised will be donated to Cancer Research UK.
5. The promoter to collect and send money to: 100 Push-Ups a Day Challenge September 2026, CRUK 2RP, PO Box 81666, London, E15 9LJ.
6. The promoter is
(Please write the name and address of the person organising this sweepstake here.)
7. Cancer Research UK isn't the promoter and doesn't accept any responsibility for your sweepstake.
8. For use in the UK only.

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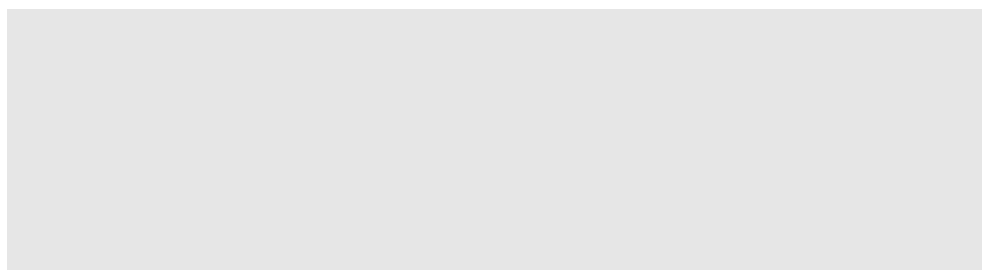


I'm fundraising for **Cancer Research UK**

What 100 Push-Ups a Day Challenge

When September

Information



**CANCER
RESEARCH
UK**

**Together we are
beating cancer**

100 Push-Ups a Day Challenge Totaliser



Name

.....

is doing 100
push-ups a day
in September
to help fund
breakthroughs.

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

Your online Giving Page URL

Visit cruk.org/septemberpushups



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Target

£

Total

£

Week 4

£

Week 3

£

Week 2

£

Week 1

£

100 Push-Ups a Day Challenge Sponsorship form



Please make sure you 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.

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:

Please use 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.

Title	First name	Last name	Postcode	Home address – not your work address	Amount	Date collected
MISS	ANNE	EXAMPLE	AB1 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 CRUK 2RP, PO Box 81666, London, E15 9LJ (please don't send cash).
- Please don't photocopy this form. If you need additional forms please print separately.

Visit cruk.org/septemberpushups

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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.

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.

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, over **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 up to 90% of cervical cancer cases** in the UK.

*Estimated based on Cancer Research UK analysis of England data
**cruk.org/millionlives