

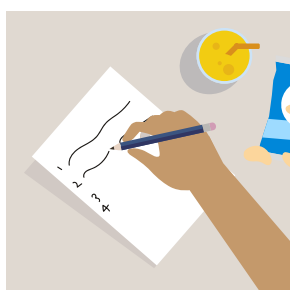
Fundraising boosters

Use these ideas to give your fundraising a lift and smash your target. Remember, we're offering a medal to everyone who raises £150!



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.



Host a quiz

Host a quiz and ask for a donation for tickets. You could make some questions fitness related to remind people of your challenge!



Dinner party

Your planks 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 set of planks.



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.

