

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 Plank Every Day in October 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.

How are you going to tackle the challenge together?

Use the calendar below to share out your planks across the month. Write every team member's name and their daily plank time.

Why not get competitive and see who can take on the longest planks every day? Add the name of the daily winner and of the longest plank time achieved.

Visit cruk.org/plankeveryday

			Name: Duration: 1	Name: Duration: 2	Name: Duration: 3	Name: Duration: 4
Name: Duration: 5	Name: Duration: 6	Name: Duration: 7	Name: Duration: 8	Name: Duration: 9	Name: Duration: 10	Name: Duration: 11
Name: Duration: 12	Name: Duration: 13	Name: Duration: 14	Name: Duration: 15	Name: Duration: 16	Name: Duration: 17	Name: Duration: 18
Name: Duration: 19	Name: Duration: 20	Name: Duration: 21	Name: Duration: 22	Name: Duration: 23	Name: Duration: 24	Name: Duration: 25
Name: Duration: 26	Name: Duration: 27	Name: Duration: 28	Name: Duration: 29	Name: Duration: 30	Name: Duration: 31	