

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	
Name: Distance: 12		Name: Distance: 13		Name: Distance: 14		Name: Distance: 15	
Name: Distance: 16		Name: Distance: 17		Name: Distance: 18		Name: Distance: 19	
Name: Distance: 20		Name: Distance: 21		Name: Distance: 22		Name: Distance: 23	
Name: Distance: 24		Name: Distance: 25		Name: Distance: 26		Name: Distance: 27	
Name: Distance: 28		Name: Distance: 29		Name: Distance: 30			

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).

