

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. Consider completing them at breakfast, lunch and dinner. Or you could 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.

