

Challenge
yourself in
January
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. 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.





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 raise 145% more 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!



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 badges 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 January Challenge **Facebook group**.

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.

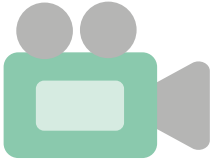
Tell your colleagues

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 across your social media.



Host a quiz

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



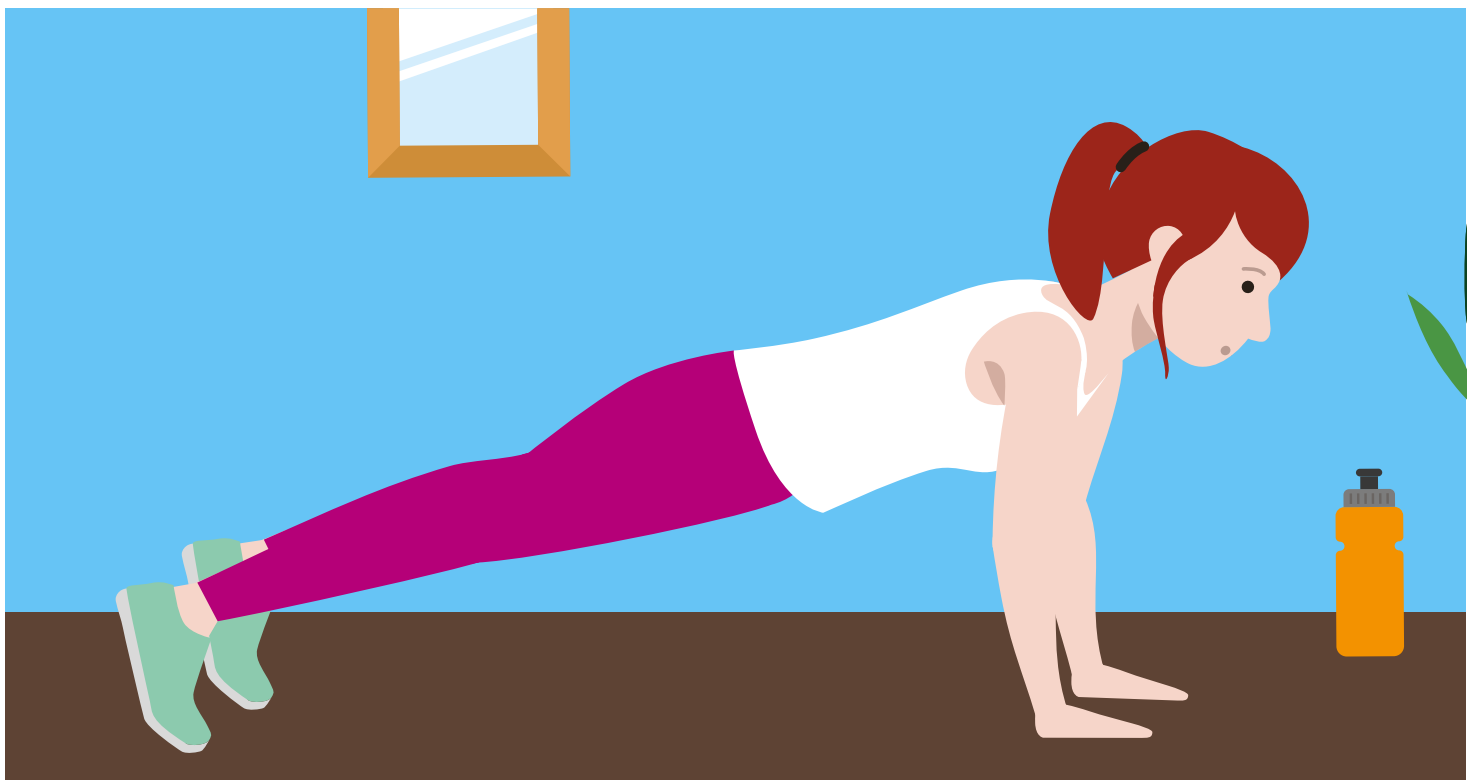
Out with the old

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 colleagues to join you in tackling the challenge by following the four steps below.

1. All your team members will need to sign up to the 100 Push-Ups a Day 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.



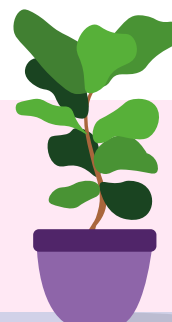
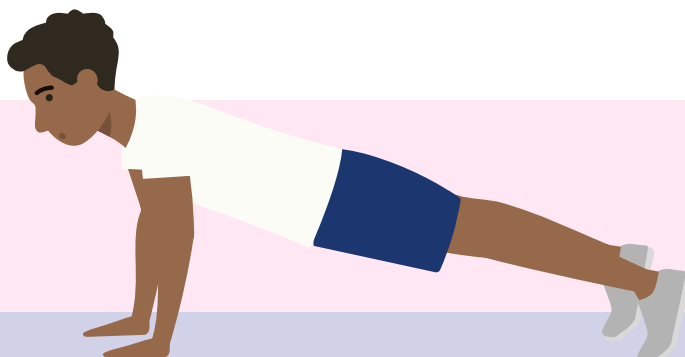
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8	9	10	11	12	13	14
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15	16	17	18	19	20	21
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22	23	24	25	26	27	28
Name: _____ Amount: _____	Name: _____ Amount: _____	<p>How are you going to tackle the challenge together?</p> <p>Use the calendar above to share out your push-ups across the month. Input every team member's name and amount of daily push-ups.</p> <p>Why not get competitive and see who can take on the most push-ups every day? Add the name of the daily winner and number of push-ups achieved.</p>				
29	30					

100 Push-Ups a Day Challenge Calendar

Keep track of your push-ups
in January



Together we are
beating cancer

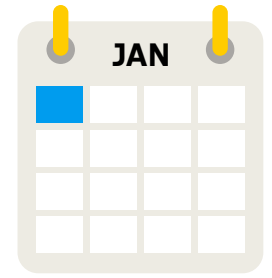


				1	2	3
				One week down – you're smashing it!		1,000 push-ups complete!
4	5	6	7	8	9	10
				Halfway there!		
11	12	13	14	15	16	17
					Keep on pushing! Only one week to go	
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Visit cruk.org/100pushupsjan

100 Push-Ups a Day Challenge

Training guide



Adapt for your fitness level

There are people of all levels of fitness doing this challenge. The important thing is that you're doing something that challenges you. This will vary from person to person, so tailor the challenge to suit you. However you choose to tackle your 100 push-ups each day, you'll be helping us to beat cancer.

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 otherwise do 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.



100 Push-Ups a Day Challenge



Finisher 2026

This January

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.



**CANCER
RESEARCH
UK**

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 your push-up total that week for a suggested donation. Then get them to fill out their guess and name in a box.

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, Cancer Research UK, PO Box 1561, Oxford, OX4 9GZ

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
January**

100 Push-Ups a Day Challenge Sweepstake



How many push-ups will do 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/100pushupsjan

*No donation is necessary.

1. To enter, pick a box and write your name and predicted push-up count.
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 push-up count will win the prize listed above. If the winning count is exactly between two guesses, the prize will be given to the guess with the lesser count 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, Cancer Research UK, PO Box 1561, Oxford, OX4 9GZ.
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.

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





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

100 Push-Ups a Day Challenge

When

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 January
to help back
breakthroughs.**

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

Your online Giving Page URL

Think that you can do better?
Visit cruk.org/100pushupsjan



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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 to 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. All fields are mandatory.

Title	First name	Last name	Post-code	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 Cancer Research UK, PO Box 1561, Oxford, OX4 9GZ (please don't send cash).
- Please don't photocopy this form. If you need additional forms please print separately.

Visit cruk.org/100pushupsjan

Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247). Registered address: 2 Redman Place London E20 1JQ. © Cancer Research UK 2025.



N26U4E

Thank you for powering progress

Thanks to the generosity of supporters like you, 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.

More than

8 in 10

people who receive cancer drugs in the UK receive a drug developed by us, or with us.*

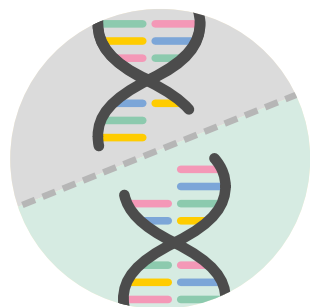
1 million

Thanks to progress in cancer prevention, diagnosis and treatment, more than a **million lives have been saved** from cancer in the UK since the mid-1980s.**

x2

Over the past 50 years, our work has helped **double cancer survival** in the UK.

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.

*Estimated based on Cancer Research UK analysis of England data

**cruk.org/millionlives

Visit cruk.org/100pushupsjan

Together we are
beating cancer