

Challenge tips

Time to get the ball rolling. Decide how you want to tackle the challenge, whether that's solo, in a team or at work with your colleagues.



Team up

Make it a real team effort and tackle this challenge with your friends and family. Whether you complete your daily keepy-uppies together or individually, encourage others to join in the challenge too!

Plan your keepy-uppies

Use your challenge calendar to plan how you'll be completing your daily keepy-uppies and tick them off. Decide if you'll complete them all in one go or break them up throughout the day.

Have your kit at the ready

Find an object to complete your keepy-uppies. If you don't have a football, why not use another ball or get creative with a roll of socks, balloon or toilet roll! Don't forget to rock your Bobby Moore Fund challenge t-shirt too.

Keep hydrated

Raising money to support bowel cancer research can be sweaty work. Make sure you drink enough water after completing your keepy-uppies.

Workout at work

Why not complete your keepy-uppies at work and wear your official challenge tee with pride to inspire your colleagues to donate to your online Giving Page.

