



**Challenge
yourself in
August 2026**

100 Squats a Day Challenge: Your fundraising guide

Ready, set, squat

Simple steps to get your 100 Squats a Day Challenge off the ground.

Find Facebook fundraising inspiration

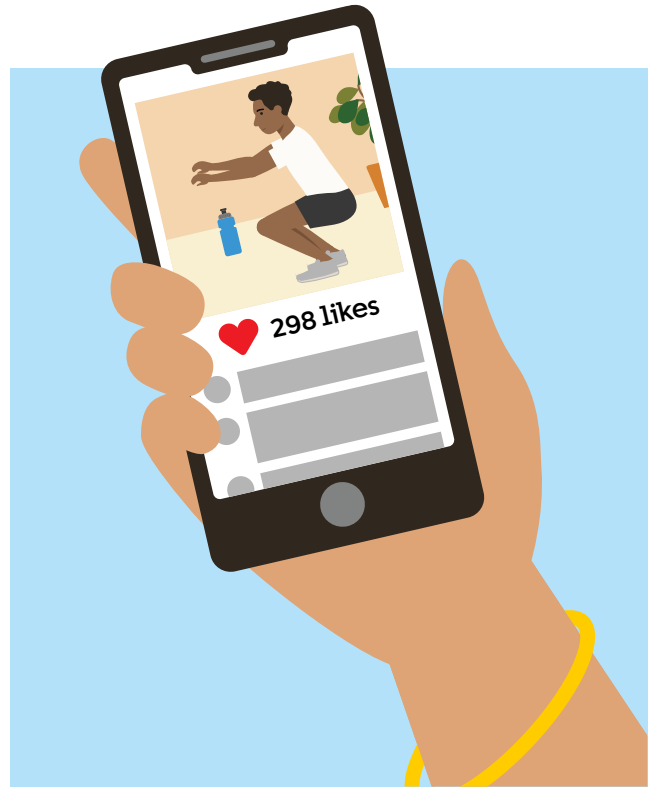
Join our [100 Squats a Day Challenge Facebook group](#) to see what your fellow challengers are posting about and how they're boosting their fundraising.

Spread the word

Let your friends, family and social media know about how you're going to smash this 100 Squats a Day Challenge once August comes around, and how they can help by sponsoring you.

Complete your squats safely

Please read through our top tips for completing this challenge safely on the following page.



Top Tips

Our handy tips will help you make the most of your challenge. Whether you break up your squats throughout the day or complete them in one go, it's important to complete them safely.

Don't forget to stretch

Stretching before and after your squats is always a good idea to prevent pulling a muscle.

Drink water

Being a squatting superstar is thirsty work! Stay hydrated by drinking before and after your squats.



Pace yourself

Why not do some practice squats ahead of your challenge start date so you're ready to kick off the challenge in August?

Wear the correct gear

Make sure you have correct fitting trainers, comfortable clothing and an even surface so you can maintain good form.

Get enough sleep

Being more active day-to-day can help improve the quality of your sleep. Make sure you give your body the rest it needs.

Fuel your body

Make sure you're eating well across the month with healthy, protein-rich meals to keep you energised.

Plug in

Listen to your favourite podcast or playlist while you're getting in your squats to keep you motivated.

Squat safely

1. Send your hips back
2. Bend your knees to lower down while keeping your chest high
3. Avoid any arching
4. Once lowered, press through your heels to get back to standing position
5. Keep tight and engaged throughout
6. Work to a tempo of 3 seconds down, 1 second pause, 1 second up
7. Make sure your ankles and knees have good alignment throughout the whole movement



Fundraising boosters

Use these boosters to give your fundraising a lift and smash your target.

Team up

Encourage your friends and family to sign up to the 100 Squats a Day Challenge in August too and make fundraising a real team effort.

Promote yourself online

Share your online Giving Page and your official challenge badges across your social networks to boost donations.

Virtual collections

Send an email to your work colleagues to let them know you're taking on the 100 Squats a Day Challenge in August to raise money to help support life-saving science. Remember to include a link to your online Giving Page!

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 of course a thank you to your lovely donors!



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.



Fundraising ideas

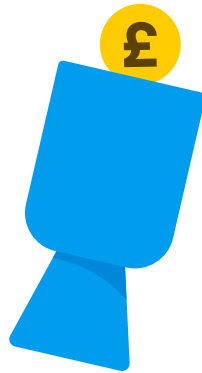
We want to make sure you're rewarded for your incredible effort. To kickstart your challenge, we've put together these handy fundraising tips and ideas.

Film a video

Video yourself completing your challenge to let friends and family know you're taking part and share it across your social media.

Make a donation

Show potential supporters that you're committed and kick off donations with a contribution to your own online Giving Page.



Ask your employer

Taking on 100 squats a day will make 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.

Wrap-up event

'I'll donate when you've done it' – the words no squat champion wants to hear! Hold doubters to their word with a wrap-up event at the end of your month, and lap up those last-minute donations!





Promote your fundraising on Facebook

1

Post a photo in your free Cancer Research UK t-shirt



2

Post your online Giving Page link in the comments.
More people will see it this way!

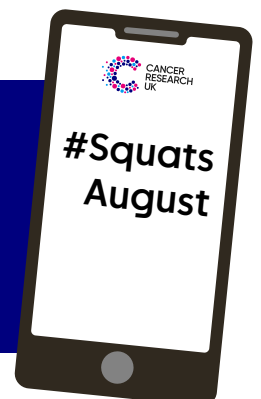


3

Tag three friends who might like to take part with you

Join our Facebook community

Meet others taking on the challenge, share top tips and motivate each other through the month by joining our [100 Squats a Day Challenge Facebook group](#).



100 Squats a day Challenge



Finisher 2026

This August

Your name

completed

Total squat count

squats everyday
and raised

Amount raised

to help beat cancer

Thank you for your support.

You're helping to bring about a world where everybody
lives longer, better lives, free from the fear of cancer.



Squats Challenge Pledge card

Add your story of why you're taking part and share across socials with your online Giving Page.



I'm taking on
the 100 Squats
a Day Challenge
this August
because...



I'm fundraising for Cancer Research UK

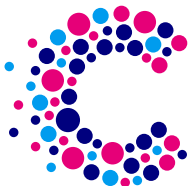
Challenge
name

100 Squats a Day Challenge

When

August

Information



**CANCER
RESEARCH
UK**

**Together we are
beating cancer**



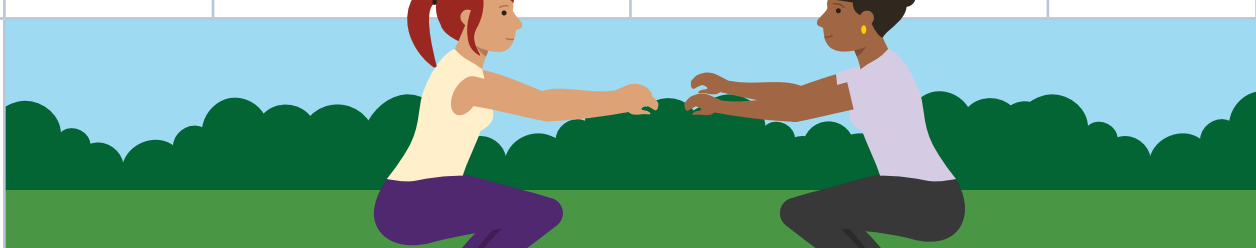
Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247).

100 Squats a Day Challenge Calendar



Note down how many squats you complete each day and keep track of your progress over the month of August.

Ready, set, squat!
Your challenge starts today! 1 2

3	4	5	6	7	8	9		
10 days down, good job!				Halfway there!				
10	11	12	13	14	15	16		
17	18	19	20	21	22	23		
Keep squatting! Only one week to go.	24	25	26	27	28	29	30	
It's the last day. One final push!	31							



Visit cruk.org/squatschallengeaug

Together we are
beating cancer

100 Squats a Day Challenge Totaliser



Name

.....

is completing
100 squats every
day this August
to help beat
cancer.

Help them smash
their target and
donate to their
online Giving Page.

Your online Giving Page URL

.....

Think you can do better?
Visit cruk.org/squatschallengeaug



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Target
£

Total
£

Week 4
£

Week 3
£

Week 2
£

Week 1
£

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 **100 Squats 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.

Name:	Name:
Amount:	Amount:
1	2

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

Name:
Amount:
31

How are you going to tackle the challenge together?

Use the calendar above to share out your squats across the month. Write every team member's name and their daily squat count.

Why not get competitive and see who can take on the most squats every day? Add the name of the daily top squatter and number of squats achieved.

Visit cruk.org/squatschallengeaug

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100 Squats a Day Challenge Sponsorship form



Please make sure you 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.
 We kindly ask that you only return the sponsor form to us if you are paying by cheque.

Title	First name	Last name	Postcode	Home address – not your work address	Amount	Date collected
MISS	ANNE	EXAMPLE	ABI 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 CRUK 2RP, PO Box 81666, London, E15 9LJ (please don't send cash).
- Please don't photocopy this form. If you need additional forms please print separately.

Visit cruk.org/squatschallengeaug

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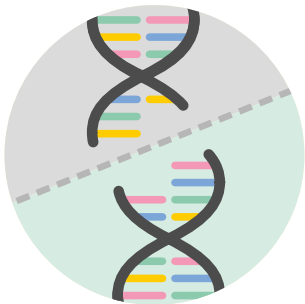


Thank you for powering progress

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.

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

8 in 10

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

1 million

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

90%

Our research led to the development of the HPV vaccine, which is expected to **prevent up to 90% of cervical cancer cases** in the UK.