

Ready, set, plank!

Simple steps to get your challenge started.



Spread the word

Let everyone know about your challenge and encourage others to join in too.



Plan your month

Think about when you'll do your daily plank and how you'll steadily increase your plank time over the month.



Get fundraising

Use the tips and tools in your pack to start raising money. Our life-saving research is only possible thanks to amazing supporters like you.



Team up

Encourage your friends to take part with you. Motivate each other to get planking and raise money to power progress for people affected by cancer.



Earn your medal

We're offering a Cancer Research UK medal to everyone who raises at least £150, so why not set that as your fundraising target?

