

# Ready, set, dance!

Simple steps to get your challenge off the ground and give one big F\*\*\* YOU to cancer!



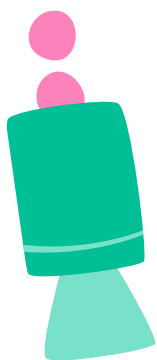
## 1. Spread the word

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



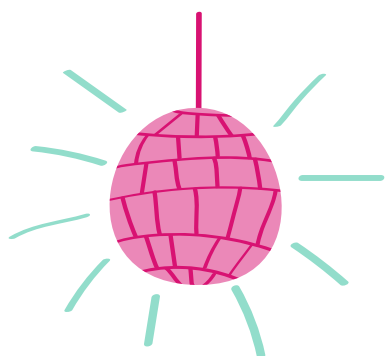
## 2. Plan your month

Think about when you'll complete your 20 minutes of dance a day, whether it's a morning dance session or an evening kitchen disco!



## 3. Get fundraising

Use the tips and tools in this pack to start collecting sponsorship. The money you raise will give more people affected by cancer more time with the people they love.



## 4. Show off your dancing

Show your supporters your progress by sharing pictures or videos of your 20 minutes of dancing a day together with the link to your online Giving Page. Show your friends and family you're dancing for a brighter future.