



Promote your fundraising on Facebook

1

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

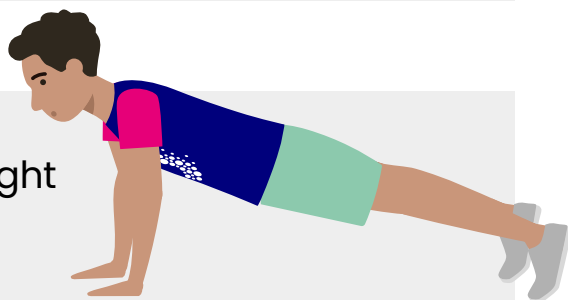


2

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 Push-Ups a Day Challenge Facebook group](#).

