



**Challenge
yourself in
October 2026**

Plank Every Day in October Challenge

Your fundraising guide



**CANCER
RESEARCH
UK**

**Together we are
beating cancer**

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.



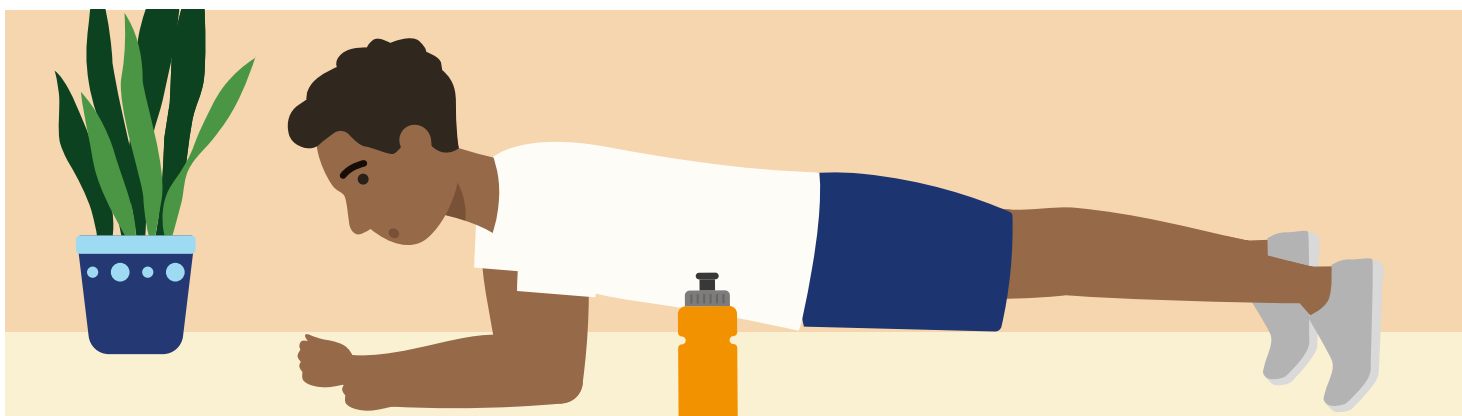
Team up

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?





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.

Kickstarters



Set a target

If you raise £150, we'll send you a medal! By setting a target on your online Giving Page, you can more than double your sponsorship.

Make the first move

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

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 a thank you to your lovely donors!



At work



Ask your employer

Planking every day over the month 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.

Let your colleagues know

Send an email to your work colleagues to let them know you're planking every day this October to help fund life-saving research.

Tip: why not add your online Giving Page link to your email signature?

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 other supporters completing the challenge, share top tips and motivate each other through the month by joining our [October Plank Challenge Facebook group](#).



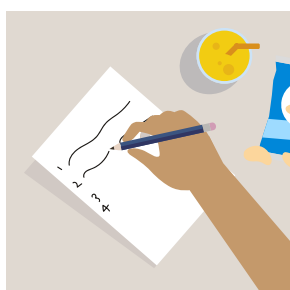
Fundraising boosters

Use these ideas to give your fundraising a lift and smash your target. Remember, we're offering a medal to everyone who raises £150!



Film a video

Video yourself completing your planks to let friends and family know you're supporting Cancer Research UK and share across your social media.



Host a quiz

Host a quiz and ask for a donation for tickets. You could make some questions fitness related to remind people of your challenge!



Dinner party

Your planks need fuel, so why not host a dinner party fundraiser? It's simple – you cook for your friends in exchange for a donation. Plus, you'll be fuelled for your next set of planks.



Wrap-up event

'I'll donate when you've done it' – the words no fundraiser 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.



Plank Every Day in October Training guide



Adapt for your fitness level

There are people of all levels of fitness doing this challenge. The important thing is that you're doing something that challenges you. This will vary from person to person, so tailor the challenge to suit you. The goal is to plank every day in October, gradually increasing your time as the month goes on. However you choose to tackle your planks each day, you'll be helping us to power progress.

Ease your way in

Remember to stretch before and after you plank and gradually build up how long you plank for throughout the month. Consider finding out how long and even what time of day works best for you before the challenge begins.

Make a plan

Use your challenge calendar to plan where and when you'll be completing your planks.

Team up

Planking in a group will inspire you to push harder than you might on your own. Whether you complete your planks together or individually, encourage others to join in the challenge too.

Fuel your planks

You'll likely be using more energy than usual. Make sure you've got enough fuel to complete your planks by eating a healthy and nutritious diet. For more information, visit cruk.org/diet

How to plank

1. Push into your forearms and feet to push up into a straight line, keeping your back flat.
2. Hold the plank for around 30 seconds or however long works for you.
3. If you're new to planking, you can adapt your planks to keep your knees on the ground and hold it for less time.

Keep hydrated

Make sure you drink enough water before and after your planks.





Plank Every Day in October

Calendar

Keep track of your planks
in October 2026

			Lets go! Time to start your planks.				
			1	2	3	4	
5	6	7	One week down! You're smashing it!	8	9	10	11
12		13	14	15	You're halfway! Keep going!	16	17
18	19	20	21	22	23	Only one week to go.	24
25	26	27	28	29	30	You've done it! Now rest your arms, hero.	
					31		



Visit cruk.org/plankeveryday

Together we are
beating cancer

Plank Every Day in October Totaliser

I'm planking
every day this
October to help
support life-saving
cancer research.

Donate to their online
Giving Page to help
them smash their target.

Your online Giving Page URL

Visit cruk.org/plankeveryday



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

Target

£

Total

£

Week 4

£

Week 3

£

Week 2

£

Week 1

£

Plank Every Day in October 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	Amount	Date collected
MISS	ANNE	EXAMPLE	AB1 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/plankeveryday

Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247). Registered address: 2 Redman Place, London, E20 1JQ. © Cancer Research UK 2026.



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 Plank Every Day in October 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.

How are you going to tackle the challenge together?

Use the calendar below to share out your planks across the month. Write every team member's name and their daily plank time.

Why not get competitive and see who can take on the longest planks every day? Add the name of the daily winner and of the longest plank time achieved.

Visit cruk.org/plankeveryday

			Name: Duration: 1	Name: Duration: 2	Name: Duration: 3	Name: Duration: 4
Name: Duration: 5	Name: Duration: 6	Name: Duration: 7	Name: Duration: 8	Name: Duration: 9	Name: Duration: 10	Name: Duration: 11
Name: Duration: 12	Name: Duration: 13	Name: Duration: 14	Name: Duration: 15	Name: Duration: 16	Name: Duration: 17	Name: Duration: 18
Name: Duration: 19	Name: Duration: 20	Name: Duration: 21	Name: Duration: 22	Name: Duration: 23	Name: Duration: 24	Name: Duration: 25
Name: Duration: 26	Name: Duration: 27	Name: Duration: 28	Name: Duration: 29	Name: Duration: 30	Name: Duration: 31	

Plank Every Day in October Sweepstake

Step 1: Get ready

Source a prize for your sweepstake and fill out the details at the top and bottom of the poster on the next page.

Step 2: Get set

Ask your friends, family and colleagues if they'd like to guess how long you'll spend planking that week in return for a suggested donation. Then, get them to fill out their guess and name in a box.

Step 3: Go!

Announce the winner on the date you've mentioned on your poster.

Step 4: Don't forget

Return your donations in the form of a cheque (payable to Cancer Research UK) or postal order to:
Plank Every Day in October Challenge, CRUK 2RP, PO Box 81666, London, E15 9LJ

Remember to include your name and address so we can add it to your fundraising total. If you'd prefer to collect your donations digitally, please share your online Giving Page with sweepstake participants.



**Plank Every
Day in October
Challenge
to help
beat cancer**

Plank Every Day in October Sweepstake



How long will plank this week?

Please donate* £ to take a guess and support Cancer Research UK.
The person with the closest guess to the total weekly time spent planking will win

Mins	Name	Mins	Name	Mins	Name

Visit cruk.org/plankeveryday

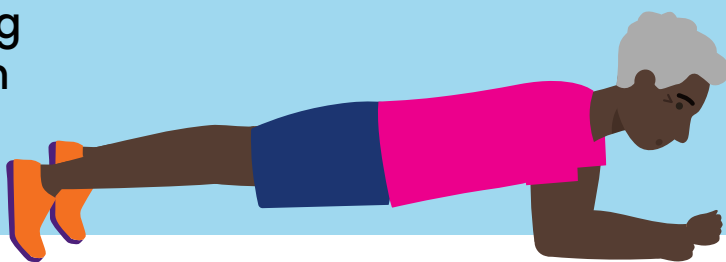
- *No donation is necessary.
1. To enter, write your name and predicted plank time in a box.
 2. Closing date Winner will be revealed by
(Please write the closing date and when you will announce the winner here.)
 3. The person whose guess is closest to the time planked will win the prize listed above.
If the winning plank time is exactly between two guesses, the prize will be given to the guess with the shorter time of the two.
 4. All money raised will be donated to Cancer Research UK.
 5. The promoter to collect and send money to: Plank Every Day in October Challenge, CRUK 2RP, PO Box 81666, London, E15 9LJ
 6. The promoter is
.....
(Please write the name and address of the person organising this sweepstake here.)
 7. Cancer Research UK is not the promoter and does not accept any responsibility for your sweepstake.
 8. Sweepstake for use in the UK only, to be run by and for the participation of people aged 18 or over only.



Plank Every Day in October

Pledge card

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



I'm planking
every day
this October
because...

Plank Every Day in October Challenge

Finisher 2026



This October

Your name

.....

Completed the Plank
Every Day in October Challenge

raising

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.





I'm fundraising for Cancer Research UK

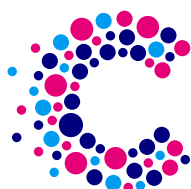
Challenge
name

Plank Every Day in October

When

October

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).

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

Visit cruk.org/plankeveryday

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.

Together we are
beating cancer