

STAND UP TO CANCER

SQUATS CHALLENGE

FUNDRAISING CALENDAR



Use the below calendar to track your squats throughout November, and cross off your daily 100 squats.

					1 FRIDAY	2 SATURDAY	3 SUNDAY
4 MONDAY	5 TUESDAY	6 WEDNESDAY	7 THURSDAY	One week down!			
11 MONDAY	12 TUESDAY	13 WEDNESDAY	14 THURSDAY	15 FRIDAY	Halfway there! You're doing great!		17 SUNDAY
18 MONDAY	19 TUESDAY	20 WEDNESDAY	21 THURSDAY	22 FRIDAY	23 SATURDAY	24 SUNDAY Seven days to go!	
25 MONDAY	26 TUESDAY	27 WEDNESDAY	28 THURSDAY	29 FRIDAY	30 SATURDAY You've done it! squat champion!		

SHOUT ON SOCIAL

Share your Online Giving Page with friends, family and colleagues. Don't be shy!



And don't forget to tell us about what you are up to on **X @SU2CUK**, on **Instagram @su2cuk** with the hashtag **#StandUpToCancer**, or if **Facebook's** more your thing, be sure to tag us at **standuptocancerUK**

OUR PARTNERS



ScottishPower

ticketmaster®



Registered with
FUNDRAISING
REGULATOR

Stand Up To Cancer and Stand Up To Cancer Brand Marks are registered trademarks of the Entertainment Industry Foundation. Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247). A company limited by guarantee. Registered company in England and Wales (4325234) and the Isle of Man (5713F). Registered address: 2 Redman Place, London, E20 1JQ. 100% of donations received by Cancer Research UK in connection with the SU2C Walkies Challenge will go towards the Stand Up to Cancer campaign.