

March Plank Challenge

Your Fundraising Pack

MACMILLAN
CANCER SUPPORT



Registered with
**FUNDRAISING
REGULATOR**

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SCO39907) and the Isle of Man (604). Also operating in Northern Ireland. MAC19025. Please recycle

Scan me to start fundraising!



Kick-start your Plank Challenge

Thank you for signing up to plank for up to 3 minutes every day in March to support people living with cancer. We're here to answer any questions you have and help you smash your challenge and fundraising!

The challenge

The challenge is to plank everyday throughout the month of March, trying to build your strength so you can last up to 3 minutes by March 31st.

How to sign up

Join the [Plank Facebook group](#) to link up with everyone taking on the challenge, and fill in the [registration form](#).

Get everyone involved

You don't have to go it alone. Invite your friends, family and colleagues to plank with you and fundraise as a team. And if they don't feel like planking, a donation to your page is good compensation!

How to fundraise

Setting up your [Facebook Fundraising Page](#) is an easy way to start collecting donations from friends and family. We're asking everyone taking part in our Plank Challenge to raise £100 so we can continue providing vital support for people with cancer.

If you don't want to fundraise on Facebook, you can also choose to set up a [JustGiving page](#).

Request your t-shirt

[Fill out this form](#) to get your hands on a free Macmillan t-shirt so you can look the part and spread awareness as you clock up your minutes.



Fundraising Ideas

The other half of your Plank challenge is aiming to raise £100 for people living with cancer. That's just £3.22 per day! Here are our top tips to help you reach your goal.

Make a donation

One of the best ways to show your friends and family that you are serious about your challenge is backing yourself first! Take the first step and donate £5 or £10 to your page.

Tell people why you are planking

Right now people living with cancer are feeling the pressure of the [cost of living crisis](#). One in four say they feel like they 'can't afford life' and need your support.

Update your fundraising page, post on social media, and tell people why the money you're raising is vital in providing financial, emotional and medical support when people need it most.

Spread the word

Facebook, Instagram, LinkedIn, Be Real... you name it. Read our [top 10 tips for fundraising on social media](#).

Snap a selfie

Pull on your t-shirt and get some photos to share on social media, to let people know you're taking on a challenge for Macmillan Cancer Support.

Show your progress

You're taking on an incredible challenge and people should know about it! Each time you start that timer, take a photo or video to share on social media. If you use Strava or another fitness tracker, take a screenshot of your daily planks and watch your ability grow.

Host a quiz

Boost your fundraising by hosting a quiz night with your friends and family to raise extra funds.

Hold a bake sale

Why not hold a classic bake sale for family and friends, or at work?

Match your fundraising

You could ask your workplace if they will support your challenge and match your fundraising.





Plank Tracker



March 2023

£25

could provide one session of emotional support to a person living with cancer with a Macmillan buddy.

£52

could pay for 100 copies of The Cancer Guide, to help some recently diagnosed with cancer and their family understand more about treatment and help available.

£100

spent on our phone services could lead to welfare rights advisors on our Macmillan Support Line helping people living with cancer claim £2,572 in benefits they are entitled to.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	1	2	3	4	5
5	7	8 Week 1 complete	9	10	11	12
13	14	15 Week 2 complete	16	17	18	19
20	21	22 Week 3 complete	23	24	25	26
27	28	29	30	31 Challenge complete	1	2

Tick when completing your weekly challenge



I have ordered my free t-shirt to look the part

I have set up my Facebook fundraiser

If you need to set up your fundraiser, scan the QR code



March Plank Challenge Totaliser

Week 1
..... minutes
completed
£.....

Week 2
..... minutes
completed
£.....

Week 3
..... minutes
completed
£.....

**Challenge
Complete**
..... minutes completed
£..... raised!

Name

.....

is taking part in the
March Plank Challenge

MACMILLAN
CANCER SUPPORT



**Plank
Legend**

Name

**completed 31 days of planking
and raised**

Fundraising total

**to support people living with
cancer**

**MACMILLAN
CANCER SUPPORT**



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**Good luck, and thank
you for going the
extra for people
living with cancer.**