

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 <u>Plank Facebook group</u> to link up with everyone taking on the challenge, and fill in the <u>registration</u> 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 <u>Facebook</u>
<u>Fundraising Page</u> 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 <u>JustGiving page</u>.

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 <u>cost of living crisis</u>. 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 <u>top 10</u> <u>tips for fundraising on social media</u>.



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 entitles to.

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

Name

is taking part in the March Plank Challenge Week 2
.....minutes
completed
£.....

Challenge Complete

£.....raised!

MACMILLAN CANCER SUPPORT

Sponsorship form

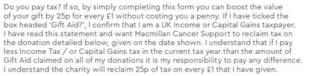
My name	My address			
My event				
I'm fundraising with				

Make every £1 worth 25p more. Gift Aid boosts donations and you won't miss out on sponsors who don't use online donations like JustGiving. After the event, send us this completed sponsorship form to:

Supporter Donations, Macmillan Cancer Support, PO Box 791, York House, YORK, YO1 0NJ

Title	Forename	Surname	First line of address (Please don't give your work address as it'll stop Macmillan claiming Gift Aid)	Postcode	Date paid	Your donation	Gift Aid (please tick)			
Mrs	Jane	Smith	321A	CR1 3FG	26.04.22	£10.00	~			
	Good news! If you pay tax in the UK, you can Gift Aid your donation. Just make sure you ask each sponsor to fill in their name, address and donation amount in their own writing – otherwise, we can't claim Gift Aid. *All fields are mandatory.									









Name

completed 31 days of planking and raised

Fundraising total

to support people living with cancer

MACMILLAN CANCER SUPPORT



