A woman with blonde hair in a ponytail, wearing a black headband, a black and white patterned jacket, black leggings, and green running shoes with orange soles, is performing a squat in a snowy forest. She is smiling and looking to the side. A large blue circle is overlaid on the top left of the image.

**February
2026**

100 Squats a Day Challenge

Your fundraising guide

Ready, set, squat!

Simple steps to get your 100 Squats a Day Challenge off the ground.

Find Facebook fundraising inspiration

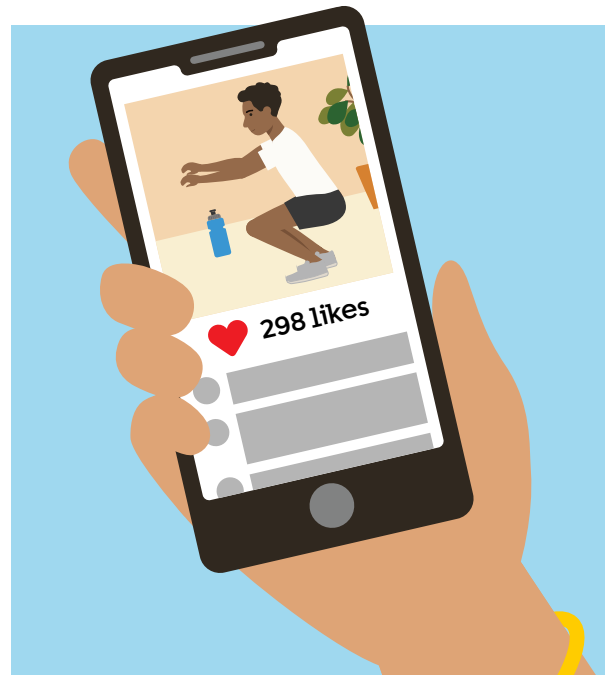
Join our **100 Squats a Day Challenge Facebook** group to see what your fellow challengers are posting about and how they're boosting their fundraising.

Spread the word

Let your friends, family and social media know about how you're going to smash this 100 Squats a Day Challenge once February comes around, and how they can help by sponsoring you.

Complete your squats safely

Please read through our top tips for completing this challenge safely on the following page.



Top tips

Our handy tips will help you make the most of your challenge.

Whether you break up your squats throughout the day or complete them in one go, it's important to complete them safely.

Don't forget to stretch

Stretching before and after your squats is always a good idea to prevent pulling a muscle.

Drink water

Being a squatting superstar is thirsty work! Stay hydrated by drinking before and after your squats.

Pace yourself

Why not do some practice squats ahead of your challenge start date so you're ready to kick off the challenge in February?

Wear the correct gear

Make sure you have correct fitting trainers, comfortable clothing and an even surface so you can maintain good form.

Get enough sleep

Being more active day-to-day can help improve the quality of your sleep. Make sure you give your body the rest it needs.

Fuel your body

Make sure you're eating well across the month with healthy, protein-rich meals to keep you energised.

Plug in

Listen to your favourite podcast or playlist while you're getting in your squats to keep you motivated.

Squat safely

1. Send your hips back
2. Bend your knees to lower down while keeping your chest high
3. Avoid any arching
4. Once lowered, press through your heels to get back to standing position
5. Keep tight and engaged throughout
6. Work to a tempo of 3 seconds down, 1 second pause, 1 second up
7. Make sure your ankles and knees have good alignment throughout the whole movement



Fundraising boosters

Use these boosters to give your fundraising a lift and smash your target.

Team up

Encourage your friends and family to sign up to the 100 Squats a Day Challenge in February too and make fundraising a real team effort.

Promote yourself online

Share your online Giving Page and your official challenge badges across your social networks for instant results.

Virtual collections

Send an email to your work colleagues to let them know you're taking on the 100 Squats a Day Challenge in February to raise money to help support life-saving science. Remember to include a link to your online Giving Page!

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 of course a thank you to your lovely donors!

Set a target

Keep yourself motivated with a fundraising goal. If you set a target on your online Giving Page, you can raise 145% more sponsorship.



Fundraising ideas

We want to make sure you're rewarded for your incredible effort. So we've put together these handy fundraising tips and ideas to kickstart your challenge.

Film a video

Video yourself completing your challenge to let friends and family know you're taking part and share it across your social media.

Make a donation

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

Ask your employer

Taking on 100 squats a day 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.

Wrap-up event

'I'll donate when you've done it' – the words no squat champion 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!



Congratulations

100 Squats a Day Challenge

Finisher 2026



This February

Your name

.....

completed squats
everyday and raised

Fundraising total

.....

for Cancer Research UK

Thank you for your support.

Every pound raised for every squat will help
bring about a world where everybody lives
longer, better lives, free from the fear of cancer.

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



**CANCER
RESEARCH
UK**

**Together we are
beating cancer**

Squats challenge

Pledge card

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



I'm taking on
the 100 Squats
a Day Challenge
this February
because...



I'm fundraising for Cancer Research UK

Challenge
name

When

Information



Together we are
beating cancer

100 Squats a Day Challenge

Calendar

Note down how many squats you complete each day and keep track of your progress over the month of February.



Ready, set, squat! Your challenge starts today!				1	2	3
4	5	6	7	8	9	10 days down, good job!
11	12	13	Halfway there!	14	15	16
17	18	19	20	21	22	23
24	25	26	27	It's the last day. One final squat!	28	29
30	31	32	33	34	35	36

Visit cruk.org/100squatsadaychallenge

100 Squats a Day Challenge Totaliser



Together we are
beating cancer

Name

.....

is completing
100 squats every
day this February
to help beat cancer.
Help them smash
their target and
donate to their
online Giving Page.

Your online Giving Page URL

.....

Think you can do better?

Visit cruk.org/100squatsadaychallenge

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

£

Take part as a team as a team

Recruit your friends, family or work colleagues to join you in tackling the challenge by following the four steps below.

1. All your team members will need to **sign up to the 100 Squats a Day Challenge** so they each have their own online Giving Page.
2. Once everyone's signed up, log in to your account.
3. Scroll down, hit the 'Create new team' button and follow the instructions.
4. Once you've created your team, you can send the team page URL to friends, family and colleagues so they can join!

How will your team tackle the challenge?

Use the calendar below to divvy up your squats across the month. Write every team member's name and amount of daily squats. Why not get competitive and see who can take on the most squats every day? Add the name of the daily top squatter and number of squats achieved.

Name: _____ Amount: _____1	Name: _____ Amount: _____2	Name: _____ Amount: _____3	Name: _____ Amount: _____4	Name: _____ Amount: _____5	Name: _____ Amount: _____6	Name: _____ Amount: _____7
Name: _____ Amount: _____8	Name: _____ Amount: _____9	Name: _____ Amount: _____10	Name: _____ Amount: _____11	Name: _____ Amount: _____12	Name: _____ Amount: _____13	Name: _____ Amount: _____14
Name: _____ Amount: _____15	Name: _____ Amount: _____16	Name: _____ Amount: _____17	Name: _____ Amount: _____18	Name: _____ Amount: _____19	Name: _____ Amount: _____20	Name: _____ Amount: _____21
Name: _____ Amount: _____22	Name: _____ Amount: _____23	Name: _____ Amount: _____24	Name: _____ Amount: _____25	Name: _____ Amount: _____26	Name: _____ Amount: _____27	Name: _____ Amount: _____28

100 Squats a Day Challenge Sponsorship form

Please make sure to 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: _____

Full name + Home address + Postcode + Date collected + ✓ = Gift Aid

Title	First name	Surname	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: £

Visit cruk.org/100squatsadaychallenge

Next steps

- Collect your donations from your sponsors and send us a cheque made payable to Cancer Research UK along with this sponsorship form to: Cancer Research UK, PO Box 1561, Oxford, OX4 9GZ. Please don't send cash.
- Please don't photocopy this form. If you need additional forms, please print a separate form.

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.

Registered with



FUNDRAISING
REGULATOR

N26U4G

Thank you for powering progress

Thanks to the generosity of supporters like you, 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.

More than

8 in 10

people who receive cancer drugs in the UK receive a drug developed by us or with us.*

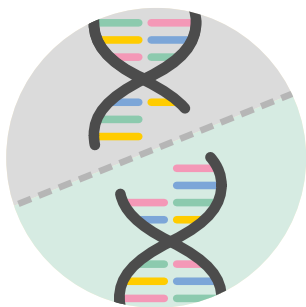
1 million

Thanks to progress in cancer prevention, diagnosis and treatment, more than **one million lives have been saved** from the disease in the UK since the mid-1980s.**

x2

Over the past 50 years, our work has helped **double cancer survival** in the UK.

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.



£150

could fund one day of
our international trial
improving treatment
for children and young
people with acute myeloid
leukaemia (AML).



£250

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/squats



CANCER
RESEARCH
UK