

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.

