

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

£