

# 100 Squats a Day in March

Your fundraising pack



Registered with  
**FR** FUNDRAISING  
REGULATOR

**MACMILLAN  
CANCER SUPPORT**

A registered charity

# Get ready for 100 Squats a Day in March

Thank you for choosing to do 100 squats a day throughout March. Your challenge helps Macmillan continue to do whatever it takes for people living with cancer – and we couldn't be more grateful.

You've already taken the first step towards making a big difference and we want your challenge to be a huge success, so we have included a few ideas in this pack to help you feel prepared.

## The challenge

You'll enjoy being active as you complete 100 squats a day throughout the month of March.

## Why?

You'll be making an incredible difference to the lives of people living with cancer.

## How to sign up

It's simple:

- Join the 100 Squats a Day [Facebook group](#).
- Complete your [registration here](#), you can also do this via the pinned post in the group.
- Your fundraising page will automatically be created.
- Receive your FREE Macmillan resistance band.

## Kick off your fundraising

[Registering](#) to get your fundraising page is the easiest way to start collecting donations from your friends and family.

We're asking supporters to pledge a £120 fundraising target to help us continue to provide vital support to people living with cancer.

## Your FREE Macmillan resistance band

It's time to get prepared and look the part with your Macmillan resistance band! Once you've filled out your registration form, simply look out for your resistance band in the post ahead of the challenge. It should be with you within 2 weeks of ordering it.



# You're making moves for people living with cancer

At Macmillan, we give people with cancer everything we've got. If you're diagnosed, your worries are our worries. We will move mountains to help you live life as fully as you can. And we don't stop there. We're going all out to find ever better ways to help people with cancer, helping to bring forward the day when everyone gets life-transforming support from day one. We're doing whatever it takes. But without your help we can't support everyone who needs us.

Share the statistics below with your friends and family and let them know the incredible difference their donations could make.

**£7**

could pay for 50 copies of our credit-card sized resource explaining graphically the signs and symptoms of some common cancers. This has become one of our most popular resources and is particularly popular with men, who are often reluctant to pick up other materials.

**£10**

Every £10 we spend on our phone service could lead to our welfare rights advisers on our Macmillan Support Line helping people affected by cancer to claim £305 in benefits they are entitled to.

**£17**

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

**£30**

could help run our Online Community forum for 1 hour. In this time, 80 people affected by cancer in the UK can give emotional and practical support to each other on anything to do with cancer – from treatments, to coping with everyday life, to the death of a loved one.

**£36**

could pay for a Macmillan nurse for 1 hour, helping people living with cancer and their families receive essential medical, practical, and emotional support.

# Your fundraising guide



There's no better time than now to get fundraising, so here are some of our top tips on how to get your fundraising moving

## Back yourself

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 £10 to your page. People who do this can raise a whopping 84% more!

## Share your story

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.

## Update your socials

Facebook, Instagram, LinkedIn, Twitter... you name it. Read our [top 5 tips for fundraising on social media](#). 20% of donations come in after the challenge ends, so make sure to thank your friends and family on your socials.

## Look the part

Go green - make the most of your resistance band whilst taking on your squats and capture 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! If you use any fitness trackers, take a screenshot of your progress to share your achievement. You can even track your miles on your [Macmillan fundraiser](#)!

## Host a quiz or a bake sale

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

## Make it work

Have a chat to your HR department and find out if your employers offer a matched funding scheme. If they don't, ask them to set one up or to make a one-off donation.

# Social media templates to help you spread the word

Wondering what to say on your fundraising page? We've put together some examples on what to say when sharing your page on social media. Feel free to use these templates and put your own spin on things if you wish!

## Before your challenge

### Example 1

I'm just [insert number of week(s)] weeks away from starting my March squats challenge for Macmillan Cancer Support! Please help me kickstart my fundraising by supporting me here: [insert your fundraiser URL here]

Thank you ❤️

### Example 2

Support me as I take part in the 100 Squats a Day challenge in March for Macmillan! I'll be doing 100 squats every day to support people living with cancer. Please help me make the biggest difference by donating to my fundraiser here: [insert your fundraiser URL here]

Thank you ❤️

## During your challenge

### Example 1

Today is the day that I officially begin my month-long squats challenge for Macmillan Cancer Support. I'm so excited to start my squats and share the journey with you! Please help me get off to the best start by donating to my fundraising page and let's make the biggest difference to people living with cancer: [insert your fundraiser URL here]

Thank you ❤️

### Example 2

I'm officially halfway through my 100 Squats a Day in March challenge for Macmillan Cancer Support! Why not donate the price of your takeout coffee to my fundraiser? £6 could pay for 10 copies of the new edition of Preparing a Child for Loss, a resource Macmillan have produced in partnership with Winston's Wish. You can support my fundraising here: [insert your fundraiser URL here]

Thank you ❤️

## After your challenge

### Example 1

A huge thank you for supporting me during my 100 Squats a Day challenge for Macmillan Cancer Support. There's still time to help me reach my target! Just the price of a £10 cocktail could go towards Macmillan's welfare rights advisors on their Support Line help people affected by cancer claim £305 in benefits they're entitled to. My fundraising page is: [insert your fundraiser URL here]

Thank you ❤️

# Sponsorship form

<b>Full name</b>	
<b>Full address</b>	
<b>Postcode</b>	
<b>Event name</b>	
<b>Event date</b>	

**Boost your donations by 25% at no extra cost to you:**

**Write your full name and home address.**

To claim Gift Aid, the form must be clearly completed in the donor's handwriting.

**Avoid ditto marks.**

Unfortunately, we can't claim Gift Aid on your donation if you use ditto marks ("") on the form.

Please confirm statements below to make sure your donation is eligible.

*giftaid it*

This donation is my own money.

I am not receiving anything in return for this donation.

If I have ticked the box headed 'Gift Aid', I have read this statement and want Macmillan Cancer Support to reclaim tax on the donation detailed below. I understand that if I pay less Income Tax / or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I have given.



First name	Surname	First line of address <small>(Please don't give your work address as it will stop Macmillan claiming Gift Aid)</small>	Postcode	Date paid	Your donation	Gift Aid <small>(please tick)</small>
Jane	Example	321A	CR1 3FG	DD.MM.YY	£10.00	<input checked="" type="checkbox"/>
<b>Full name + Home address + Postcode + Date collected + <input checked="" type="checkbox"/> = Gift Aid *All fields are mandatory.</b>						
					<b>Total</b>	
					<b>Date paid to charity</b>	

After the event, send this completed sponsorship form to:  
**Supporter Donations, Macmillan Cancer Support, PO BOX 6201, Slough, SL1 0FA**

**Boost your donations by 25% at no extra cost to you:**

**Write your full name and home address.**

To claim Gift Aid, the form must be clearly completed in the donor's handwriting.

**Avoid ditto marks.**

Unfortunately, we can't claim Gift Aid on your donation if you use ditto marks ("") on the form.

Please confirm statements below to make sure your donation is eligible.

*giftaid it*

✓ This donation is my own money.

✓ I am not receiving anything in return for this donation.

If I have ticked the box headed 'Gift Aid', I have read this statement and want Macmillan Cancer Support to reclaim tax on the donation detailed below. I understand that if I pay less Income Tax / or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I have given.



First name	Surname	First line of address <small>(Please don't give your work address as it will stop Macmillan claiming Gift Aid)</small>	Postcode	Date paid	Your donation	Gift Aid <small>(please tick)</small>
Jane	Example	321A	CR1 3FG	DD.MM.YY	£10.00	✓
Full name + Home address + Postcode + Date collected + ✓ = Gift Aid *All fields are mandatory.						
					<b>Total</b>	
					<b>Date paid to charity</b>	

After the event, send this completed sponsorship form to:  
**Supporter Donations, Macmillan Cancer Support, PO BOX 6201, Slough, SL1 0FA**



# 100 Squats a Day in March

# Progress Tracker



M	T	W	T	F	S	S
✓	Tick	when	done	✓	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
Total squats						
31						

Let's go!

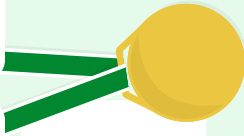
Half way

Almost there

You did it!

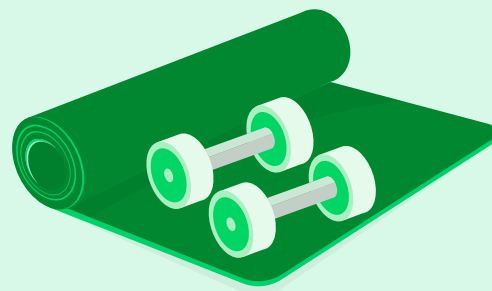
Thank you so much  
for your support!

**MACMILLAN**  
CANCER SUPPORT





# 100 Squats a Day in March



*Name*

**completed**

*Number of squats*

**in March  
and raised**

*Fundraising total*

**for Macmillan Cancer Support**

The donations you've raised mean that we can continue to be there when we're needed most and do whatever it takes for people living with cancer.

Add your own challenge photo here

*Name*

[Light green rectangular box for name]

**completed**

*Number of squats*

[Light green rectangular box for number of squats]

**in March  
and raised**

*Fundraising total*

[Light green rectangular box for fundraising total]

**for Macmillan Cancer Support**

The donations you've raised mean that we can continue to be there when we're needed most and do whatever it takes for people living with cancer.

**MACMILLAN  
CANCER SUPPORT**

# Key FAQ's

[Registration link](#)

[Facebook group](#)

## General FAQs

### How do I sign up?

To take part in the challenge, join the [Facebook group](#) to meet your fellow squat enthusiasts, and [fill in the form](#) linked in the group to complete your registration and set fundraising page. You can then expect your Macmillan resistance band in the post and you'll be set to go on 1 March!

### Can I complete the squats at my own pace during the month of the challenge?

The challenge is to do 100 squats a day during March. You can complete your squats at a time that suits you. This could even be in the morning, at night, in your home or at the gym!

You can complete more on some days than others if you need to – the goal is to complete 3100 by the end of the month.

### Can I start the challenge late or early? What if I miss a day?

We will be encouraging everyone to start their challenge on 1 March and continue for 31 days. However, if you are joining the challenge later or you have missed a few days, you can continue into April.

### How can I keep track of the number of squats I am doing throughout the month?

You can find a daily tracker in this pack which you can print off and mark each day that you complete your squats.

Alongside this, you can log your miles digitally in your [Macmillan Cancer Support](#) fundraiser, which we'll email to you once you've registered.

### Do I need to provide evidence to the charity that I have done the challenge?

No, however we do love to see your photos so make sure to share them on our [Facebook group](#) or tag us @MacmillanCancer.

### What level of fitness do I need to have?

A reasonable level of fitness is required to complete this challenge, but it should be accessible to most. That said, each participant should do as many squats as is comfortable for them and seek the advice of their GP if they have any concerns.

### How can I get friends and family involved?

Your friends and family will love to see your progress throughout the challenge and will look forward to seeing how well you're doing. Keep them updated with Facebook posts and pictures showing how far you have come. You can also ask them to take part themselves by sharing the [registration link](#)!

# Key FAQ's (continued)

## Your Macmillan Resistance Band

### How long will my free Macmillan resistance band take to arrive?

You should expect your resistance band to arrive around 2 weeks after you have completed the form.

### What do I do if my Macmillan resistance band doesn't arrive after two weeks?

Please DM @MacmillanCancer or email [fundraising@macmillan.org.uk](mailto:fundraising@macmillan.org.uk) and the support team will investigate this for you and order a new one if necessary.

## Fundraising questions

### How much of the donations go directly to Macmillan?


For donations made in Great British Pounds (GBP), the payment processing fee on Facebook is 1.4% + 20p. The rest of your donation goes straight to Macmillan. When you donate, Facebook asks if you'd like to cover these fees. If you choose to do so, 100% of your donation will go to Macmillan.

### Can we fundraise as a group?

Yes. If you would like to fundraise as a group, then we encourage all participants to have their own registration to make getting your resistance band quick and easy. When you register you will automatically be set up with an individual fundraising page. We recommend you close additional pages and share just one of your fundraising pages as a group.

### Is there a minimum fundraising target?

There is no minimum fundraising amount, but we are asking everyone taking part in the challenge to aim for £120 to fund our vital services for people living with cancer.

A close-up portrait of a Black woman with long, dark, wavy hair. She is smiling broadly, showing her teeth. She is wearing a black blazer over a dark top and a bright green lanyard. The background is a blurred indoor setting with a window and light-colored walls.

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