



YOUNG LIVES
vs CANCER

ADVENT-URE

Take on a different challenge every day in December

1 Invite someone to join your fundraiser	2 Self-donate to your fundraising page	3 Do 10 squats every hour for a day	4 Take a screen break for 2 hours
5 Ask one neighbour or friend for a donation	6 Read one chapter of a book	7 Send a thank-you message to someone who's supported you	8 Walk at least 8,000 steps today
9 Try a new healthy recipe	10 Share your fundraiser on social media	11 Go for a 20-minute walk or jog	12 Call or message someone you haven't spoken to in a while
13 Write a positive note and leave it somewhere public	14 Post a photo of your fundraising journey	15 Share your fundraiser to 5 people via SMS or WhatsApp	16 Go for a walk in fancy dress
17 Ask your workplace if they'll match donations	18 Wear a festive hat all day	19 Do 20 jumping jacks	20 Ask someone new to support you
21 Share a fundraising update with a personal story	22 Complete 100 sit ups in a day	23 Complete one last big round of asks and share your fundraiser	24 Celebrate your progress – treat yourself!

younglivesvscancer.org.uk

Young Lives vs Cancer is an operating name of CLIC Sargent Cancer Care for Children. A registered charity in England and Wales (1107328) and in Scotland (SC039857). Also operating in Northern Ireland.
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