



Move for Melanoma Timeline

Jul. 1 - Sept. 16 - Choose an activity you'd like to complete during Move for Melanoma (check out our [list of ideas](#) for inspiration) and decide whether you want to participate as part of a team or as an individual. Register on our online platform [here](#). Once you've registered, customize your event page by logging in [here](#).

If you're a Team Captain, recruit members for your team. Keep in mind that you don't have to gather in person with your team members if you don't deem it safe. Teammates can simply perform their activity from their respective homes and video call with each other as they do.

About once a week, do a push for donations (optional templates [here](#)), either on your social media, by email or by phone. If you've been training for your activity, sharing pictures of yourself training can be a great way to engage people.

Sept. 17 - 22 - Get ready for Move for Melanoma! Make a sign if you'd like to (see examples from previous years [here](#)), and make sure you have all the gear and equipment you'll need to complete your challenge. If you're a Team Captain, connect with your teammates to make sure everyone is feeling ready. This is a perfect time for another round of donation requests (optional template [here](#)).

Sept. 23 - 24 - Safely gather with your team members and complete your physical challenge! Take pictures while you do so and share them with us at katie@saveyourskin.ca and on your social media channels. Do one final push of requests for donations during the weekend (optional template [here](#)).

Sept. 25 - 30 - Send us any pictures or testimonials you'd like us to include in our Recap Video (see last year's video recap [here](#)), and send us any donations that were given to you in person (email katie@saveyourskin.ca to notify us first).