

# 1.

## CHOOSE AN ACTIVITY

Choose from our long list of ideas or come up with your own movement challenge. Most importantly, choose an activity you enjoy.

# 2.

## BUILD YOUR TEAM

If you want, invite friends, family members & colleagues to join you in the challenge. Come up with a fun name for your team & set a fundraising goal.

# 3.

## REGISTER ONLINE

Register your team or register as an individual on our event page **here**. We'll then send you helpful fundraising resources to help you on your way.

# 4.

## FUNDRAISE

Use the tools we provide to spread the word about your challenge and to solicit donations. People can donate online directly to you or your team.

# 5.

## MOVE & CELEBRATE

Safely gather with your team to complete your challenge, join us for the opening ceremony, and celebrate in honour of skin cancer patients!