

Personal Challenges Guide

Personal challenges are an excellent and creative way to fundraise safely in lockdown!

Getting ready for the event

- Decide on your challenge. What are you good at? What do you enjoy? If you like sports, think about a physical challenge. If you have good endurance, maybe choose a 24-hour challenge.
- Set up a Facebook event to advertise your personal challenge and invite all your friends (ask them to share it with their friends too!). Include details on when you'll be doing it, what you'll be doing and how people can donate to your JustGiving page.
- Think about how to engage your audience. Can they donate a certain amount for you to complete the challenge in fancy dress?

What you'll need

- A way of recording/tracking your event. If you are running Strava is a great app to record your runs. If your event is 24-hours maybe live stream on Facebook live.
- MRF t-shirt
- Specific items for your challenge



Post Event

- Share the total raised on your Facebook event and thank everyone for donating.
- Send some photos to the MRF fundraising team.
- Post lots of photos/videos on your social media as people can still donate after the event.

Top tips

- Use a QR code, that links to your JustGiving page, throughout your event to make donating even easier for your supporters.
- Make your personal challenge interactive and engaging – do your challenge in fancy dress if they donate £20.

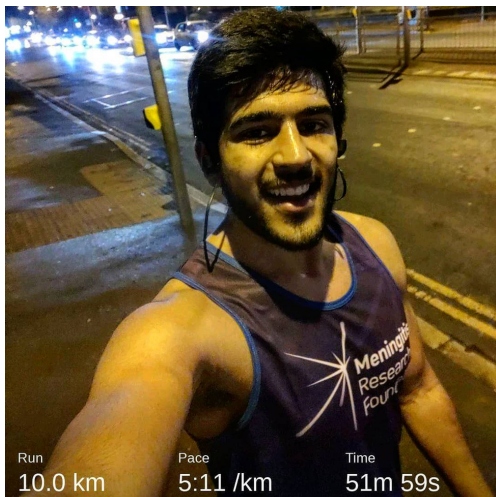
Personal Challenge Examples



James' sponsored silence raised £160.



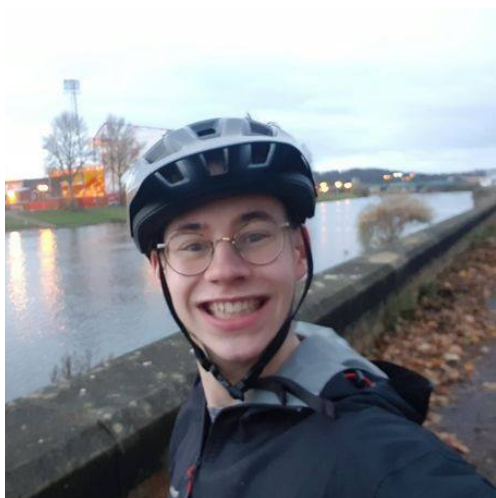
Ben's 24 hour static bike ride raised £490.



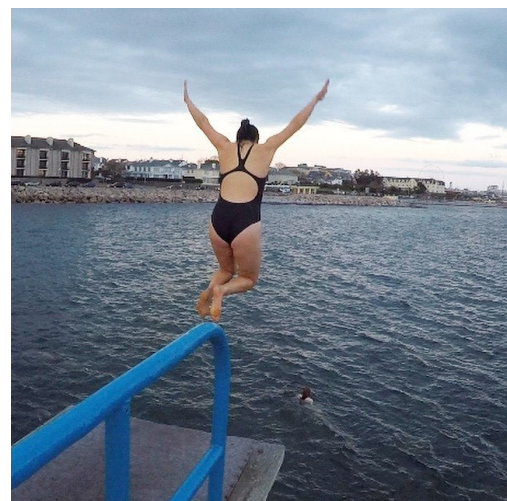
Muhammed ran 10k a day, for a month, and raised over £1600.



Fliss completed 'Dry November' and raised £403.



Sean cycled 806km in one month, raising £600.



Sinead jumped in the sea everyday after her run for a month, raising €1,103.