



# step up for CDCH

in aid of

the Cotswolds  
Dogs & Cats  
Home



# Thank you for taking part in 'Step up for CDCH'!

You are taking on the challenge to complete 10,000 steps a day, every day for 30 days, for the animals in our care. You can walk, run or cycle - whatever suits you best.

We will be with you every step of the way... all 300,000 of them!

This challenge pack should have all the information you need but if you need to get in touch with us please email [fundraising@cdch.org.uk](mailto:fundraising@cdch.org.uk).



# Let's get started!



1

## SET UP YOUR FUNDRAISER!

- Visit our JustGiving campaign at [www.justgiving.com/campaign/step-up-for-cdch](http://www.justgiving.com/campaign/step-up-for-cdch) or scan this QR code
- Click 'Start Fundraising'
- Select 'taking part in an event'
- Select 'Step up for CDCH'
- Click 'Create your page'



2

## GET WALKING, RUNNING OR CYCLING!

Remember, do this at your own pace! 10,000 steps every day for 30 days.

You can also do the challenge as a team with friends or work colleagues.

DON'T FORGET - track your steps! You can do this using fitness watches or your phone. We have included a handy tracker for you to keep tabs on your steps.

3

## SHARE YOUR FUNDRAISER!

Share your fundraiser with your friends and family to help reach your target. Remember to log updates to show your sponsors how you are getting on.

Sharing your fundraiser more than once is vital, this encourages your friends and family to support you.

4

## JOIN THE COMMUNITY!

Don't forget to join our exclusive community on Facebook with other challenge participants!

Here you can share progress, tips and inspiration.

5

## COLLECT YOUR REWARDS!

Collect rewards along your way within this challenge pack.

Once you reach £100 raised you will also be able to claim your CDCH goodie bag full of CDCH merchandise!

6

## FEEL AMAZING!

By taking on this challenge you are helping us care for vulnerable animals within our community. We are so grateful!

This is a big challenge and you should feel very proud of yourself, thank you for being PAWsome!



# Collect your rewards!

Use this section to tick off your rewards as you go  
... you got this!!

**Fundraiser set up**



**Join the FB community**



**Log your first steps**



**Receive your first donation**



**Share your fundraiser**



**Raise £100 for your goodie bag!**



**Share an update in your fundraiser**



**Receive 10 donations**



**Treat yourself!**



**Share with work colleagues**



**Thank your sponsors**

*THANK YOU!*

**Plan a walk with a friend**



**Ask a friend to sign up!**



**Involve a pet**



**FINISH!**





# FAQs

## **Do I have to walk 10,000 steps every day? What if I don't?**

No you don't. Complete this challenge at your own pace. If you want to lower the target to 5,000 steps a day - that's fine! Or, if 1 day you don't quite reach the target, why not try and do a few extra the following day or continue the challenge into the next month until you complete your target.

## **How do I raise money within this challenge?**

You can set up a fundraiser online using the link that we sent you. This can be shared with friends and family. You can also update your progress on your page. We have also included a printout sponsor form at the end of this pack. You can also use this to collect sponsorship and either bring the donations to us or donate online, just remember to send us a copy of the sponsor form.

## **How do I track my steps?**

You can use an app on your phone, a smartwatch or you can purchase a digital stepometer online. You can then keep track of your steps completed each day using the 'Track your progress' sheet in this pack.

## **I still have questions about 'Step up for CDCH'!**

You can contact us on [fundraising@cdch.org.uk](mailto:fundraising@cdch.org.uk) if you have any further questions and we would be happy to help you.





# Good luck!

We want to wish you the best of luck completing your 'Step up for CDCH' challenge!

Don't forget, do it at your own pace and enjoy.

Once again, thank you so much for taking on this challenge to help raise funds for animals in our care.





