

# 70k IN MAY

# Progress tracker



Use the calendar below to keep track of your daily progress towards 70k in May!

My fundraising target:

£/€



Let's get going!

km today:

£/€ raised:

1

km today:

2

km today:

3

km today:

4

km today:

5

km today:

6

km today:

7

km today:

8

km today:

9

km today:

10

km today:

11

km today:

12

km today:

13

km today:

14

km today:

15

km today:

16

£/€ so far:

km today:

17

km today:

18

km today:

19

km today:

20

km today:

21

km today:

22

km today:

23

km today:

24

One week to go

km today:

£/€ raised:

25

km today:

26

km today:

27

km today:

28

km today:

29

km today:

30

One day left!

km today:

£/€ raised:

31

Congratulations!



# 70k in May – your way

## Thank you for taking part in the 70k in May challenge and fundraising for Christian Aid!

We're creating a fairer, more peaceful world by working with communities of all faiths and none. We take action to fight the causes of poverty, respond to humanitarian emergencies, campaign and raise funds. You're playing a vital role in pushing back against the inhumanity of poverty.

Here, you'll learn how to max out your fundraising for **70k in May** with some top tips. And turn over for a handy tracker to keep tabs on your progress, mark special events or milestones, and show others you're determined to reach your fitness and fundraising goals!



## How can I supercharge my fundraising for 70k in May?



**Set a target.** Eighty six percent of fundraisers who set a target meet it or beat it. Set yourself an achievable target.

**Better together.** To help keep you motivated, engage your community in your fundraiser and invite them to cheer you on!



**Share your journey!** Don't be shy about sharing your progress and your story – posting every day on social media doubles your chance of reaching your fundraising goals!

## Here are our top tips for sharing your story:



**Personalise it.** Add a photo of you, say why you're taking part, and add your fundraising target. Post stories, updates and photos throughout the month so your friends can see your progress. Celebrate when you reach milestones and publicly thank the people who have donated.

**Spread the joy.** Post your fundraising page on social media, on posters in your church, school or office, and share it in emails with friends.



**Keep going.** More than a fifth of people say they don't donate because they forgot or didn't have time. Once your event's over, give people a nudge by posting your achievement on social media. It could remind anyone who hasn't got around to donating!



Whether you decide to walk, run, cycle, swim or do the 70k in May challenge any other way, it's completely up to you.

Please contact us with any questions – and if you need help publicising what you're doing, or if you want more resources to get your fundraising efforts off to a cracking start, just ask! [belfast@christian-aid.org](mailto:belfast@christian-aid.org) or [dublin@christian-aid.org](mailto:dublin@christian-aid.org)

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