



# MO DARES LIST

## CREATE YOUR OWN DARE

POST THIS ON YOUR SOCIALS: It's mid-Movember and I need to get my donations moving! So I'm doing a dare for your donations. Help me hit [\[fundraising goal\]](#) and I'll [\[insert dare\]](#). All in the name of men's health. Donate to me now at [\[Mo Space link\]](#) and let's do this!

## ASK YOUR DONORS FOR DARES

POST THIS ON YOUR SOCIALS: Go on. You know you want to. Dare me to do something for your donation to Movember. I'm prepared to [\[bite into the spiciest chilli I can find, run 10km/6mi, do a shoey out of the shoe of your choosing, dye my hair lime green \(insert dares you're willing to do\)\]](#). All dares considered – as long as it's for a fair donation. Dare me and donate now [\[Mo Space link\]](#)

## BIG EYEBROWS

THE DARE: Draw on eyebrows with a marker. Wear them out for a day.

POST THIS ON YOUR SOCIALS: This is what it's come to. I'm down on donations so I'm taking on a dare. Send me your [dollars/pounds/euros](#) and I'll draw on the biggest eyebrows with a black marker and I'll wear them out for a whole day. That includes going to the store, catching public transport and heading into the office. Donate now at [\[Mo Space link\]](#) and let's get more eyes on men's health awareness.

## SPEEDO RUN

THE DARE: Nudie run

POST THIS ON YOUR SOCIALS: It's mid-Movember and I need to get my donations moving! So I'm going for a run, but not any old run in any old activewear. Help me hit my [\[fundraising goal\]](#) target and I'll jog around my block in my [\[speedos/bikini/mankini\]](#). Help me double that amount and I'll even turn it into a coffee run and pop into the nearest café! Donate now at [\[Mo Space link\]](#)

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## DANCE THE AISLE AWAY

THE DARE: Dance down a supermarket aisle

POST THIS ON YOUR SOCIALS: Want to see me turn my local supermarket into my own personal dancefloor? Donate to my Movember fundraising page and I'll add "dance up and down the aisles" onto my shopping list. Help me hit [\\$X/€X/£X](#) before the end of the month and I'll bust a move for men's health. Donate now at [\[Mo Space link\]](#)

## MY TIME TO SHINE

THE DARE: Singing in peak hour public transport

POST THIS ON YOUR SOCIALS: Dare me to sing – all-out karaoke style – on peak hour public transport? I'm belting out a number on the [\[route\]](#) to get my fundraising numbers up. Help me hit [\\$X/€X/£X](#) before the end of the month and I'll hit the high notes on the commute home. Be the biggest donor and I'll even let you pick the song! Donate now at [\[Mo Space link\]](#)

## HAIR DARE

THE DARE: A dare involving your hair

POST THIS ON YOUR SOCIALS: Well it's come to this. I'm desperate to get my Movember donations up so I'm putting my hair in your hands. Help me hit [\[fundraising goal\]](#) by the end of the month and I'll [\[dye my hair or go green/shave off all my hair/shave off the sides and go full mullet\]](#). The highest donor can even be my stylist! Donate now and let's do this [\[Mo Space link\]](#)

## TRUE SELF LINKEDIN SELFIE

THE DARE: Use your oldest selfie as your LinkedIn profile pic for the month

POST THIS ON YOUR SOCIALS: OK, this is serious business. My Movember fundraising is far from hitting its target. So I'll make a deal with everyone here. Help me hit [\[fundraising goal\]](#) and I'll change my LinkedIn profile pic to my [\[3rd grade school photo/oldest selfie on my phone\]](#) for a full 30 days. Donate now [\[Mo Space link\]](#)

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## TURN UP THE HEAT

THE DARE: Eat the spiciest chilli (or meal) you can find

POST THIS ON YOUR SOCIALS: My Movember donations haven't been coming in hot – so, I'm turning up the heat; by taking on a dare to eat the hottest chilli I can find. I'm talking [[Szechuan hot pot/a whole Carolina reaper/volcanic ramen/a dish or chilli of your choosing](#)]. Help me hit [[fundraising goal](#)] by the end of the month then watch me take a trip up the Scoville scale. Donate now [[Mo Space link](#)]

## GET INTO CHARACTER

THE DARE: Go out in costume for a day/week/month

POST THIS ON YOUR SOCIALS: It's the middle of Movember and I'm far from my fundraising goal. So I'm taking on a dare for donations. I'll wear a costume for [[an entire day/a week/the rest of the month](#)] any time I leave the house. Once I've hit my [[fundraising goal](#)] target, it's on! Double that and I'll even rock the [[your costume](#)] to work. Donate now [[Mo Space link](#)]

## SIT STILL

THE DARE: Sit still for a day

POST THIS ON YOUR SOCIALS: My donations haven't moved all month. So it's only fitting I do the same for a whole day for your donations. That is, I'll sit in a [tree/35 city circle tram/park bench](#) for a whole day for your donations to my Movember Mo Space. Only moving to get food and go to the bathroom. Other than that, you'll know where you'll find me. Donate now and let's stand – or sit – firm for men's health. Donate now at [[Mo Space link](#)]

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