

# WHAT WILL YOUR BE?

## Physical Do 100 challenges:

1. Run 100 miles – you can choose over how many days!
2. Swim 100 lengths
3. Take on the 100 squat challenge
4. Do 100 military workouts
5. Cycle 100km
6. Take on the 2020 Ride100
7. Do 100 keepy uppys
8. Abseil 100ft
9. Complete 100 5ks
10. Organise a 100 minute Zumba/ yoga class
11. Run 100 100m sprints
12. Run for 100 minutes
13. Exercise for 100 minutes every day for a week
14. Burn 100 calories a day for 100 days
15. Hoola hoop for 100 minutes
16. Organise a team 100 mile static bike/ rowing machine/ treadmill challenge
17. 100 laps of your place of work
18. 100 coin trail around the Mess
19. Climb 100 hills or mountains
20. Sail 100 kilometres
21. Exercise every day for 100 days

## Creative Do 100 challenges:

22. Write 100 poems
23. Draw 100 sketches
24. Sing 100 songs in public
25. Organise a 100th Birthday cake competition
26. Learn 100 new dance moves
27. Sell 100 homemade items
28. Learn 100 new hairstyles

## Children's Do 100 challenges:

29. Bake 100 cupcakes
30. Help Mum or Dad with 100 house chores
31. Eat your five a day for 100 days
32. Walk to school for 100 days
33. Paper plane competition – can it fly a distance of 100 feet?
34. Stack 100 Jenga pieces
35. 100-minute silence
36. Give out 100 high fives
37. Do 100 tricks on the trampoline
38. Write a diary for 100 days
39. Learn how to count to 100
40. Do 100 word puzzles
41. Skip for 100 minutes – it doesn't have to be all at once!
42. 100m egg and spoon race
43. Make 100 greeting cards throughout the year
44. Make an arts and craft piece with 100 beads, sequins or quilled paper
45. 100m space hopper bounce
46. Make a daisy chain with 100 daisies
47. Make a Christmas paper chain with 100 links

48. Walk backwards for 100m
49. Collect 100 conkers
50. Give up video games for 100 days
51. Sell 100 cups of homemade lemonade
52. Play 100 games of hopscotch
53. Learn the flags and capitals of 100 countries off by heart

### **Community Do 100 challenges:**

54. Pick up 100 pieces of litter
55. Clean 100m of beach or park
56. Offer 100 favours to family and friends
57. Declutter and get rid of 100 items from your house
58. Pack 100 people's shopping bags at your local supermarket
59. Sell 100 raffle tickets
60. Plant 100 seeds
61. Wash 100 cars
62. Take 100 pictures over 100 days
63. 100 happy social statuses for 100 days
64. Collect 100 empty ink cartridges or used stamps and send to us
65. Go plastic free for 100 days
66. Walk 100 nature trails
67. Volunteer in your community 100 times
68. Organise a pub quiz with 100 questions

### **At Work Do 100 challenges:**

69. 100m office chair race
70. Run 100 flights of the office stairs
71. Walk to work for 100 days
72. Office swear jar for 100 days
73. Don't use the office elevator for 100 days
74. Take a lunch break every day for 100 days
75. Leave work on time for 100 days
76. Take a packed lunch to work every day for 100 days

### **Miscellaneous Do 100 challenges:**

77. Play the 100 square lucky number draw
78. Visit 100 places you've never been before
79. Give something up for 100 days
80. Do 100 dares – you may want to set restrictions for this one!
81. 100 chicken nuggets eating contest
82. Tell 100 people about Combat Stress
83. Give 100 strangers 100 compliments over 100 days
84. Watch 100 films in a year
85. Read 100 books in a year
86. Watch 100 TED talks
87. Learn 100 words in another language
88. Learn how to say hello in 100 languages
89. 100 random acts of kindness
90. Learn something new every day for 100 days
91. Visit 100 war memorials
92. Collect 100 £1 coins for Combat Stress
93. Complete 100 crosswords
94. Grow a beard - no shaving for 100 days!
95. Dedicate 100 hours to some self care
96. 100 Day saving challenge – skip those daily coffees for 100 days
97. Try 100 different types of food you've never had before
98. Spend less than an hour on social media every day for 100 days
99. Spend 100 minutes in a bath of cold baked beans
100. Take on 100 challenges over 100 days