



## Some challenge ideas to help inspire you to do it your way!

100 hops on a pogo stick | 100 skips | Climb 100 stairs | Score 100 football penalties  
Juggle for 100 seconds | Run for 100 minutes | Bake 100 cupcakes  
Send 100 messages | Build 100 sandcastles | Take 100 dog walks  
Jump 100 waves | Write & post 100 letters | Cook 100 meals for the homeless  
Walk 100 laps of your garden | Do 100 push-ups | Do 100 keepie-uppies  
Toss 100 pancakes | Write a 100 word story | Bake 100 biscuits | Do 100 star jumps  
Balance something on your head for 100 secs | Sketch a self portrait in 100 seconds  
Sing for 100 seconds | Bounce a cricket ball 100 times on a bat | Plant 100 seeds  
Throw and catch a ball 100 times without dropping it | Paint a '100' and put it in your window  
Give away 100 likes on social media | Take 100 photographs | Shake-up 100 cocktails  
Walk 100 km | Swim 100m | Hold 100 minutes of silence | Meditate for 100 minutes  
Do 100 hula hoops | Do 100 bunny hops on your bike | Walk 100 thousand steps  
Share 100 Zoom calls with your friends | Scooter for 100 minutes | Give 100 virtual high fives  
Make 100 nature paintings | Write a 100 word poem | Sing all your words for 100 minutes  
Create 100 different outfits from your wardrobe | Finish a new puzzle in under 100 minutes  
Create a 100-step treasure hunt | Host a virtual party for 100 people  
Pick-up 100 pieces of rubbish | Do a supermarket sweep and donate 100 items  
Draw out an artwork walking on Strava like 'CaptainTom100' | Start a 100 hour Twitch stream  
Plant 100 trees (ecologi.com) | Donate 100 items to your local food bank  
Do 100 kick-flips on a skateboard | Do 100 bounces on a trampoline  
Complete 100 games of Fortnite | Share 100 positive affirmations with people you love  
Plant 100 vegetables in your garden | Run 100 laps of your local park | Eat 100 grapes  
Cook 100 family meals | Lip sync to 100 songs | Complete a 10km virtual relay with 10 friends  
Complete 100 hours of fasting | Learn to say thank you in 100 different languages  
Host a 100 question quiz for friends and family | Dress in 100 different fancy dress costumes  
Read 100 minutes of children's books before bed | Carry out 100 good deeds | Wash 100 cars  
Get 1 hole in 1 in 100 shots | Watch 100 episodes of your favourite show | Do 100 forward rolls  
Send 100 postcards | Balance 100 beer mats on your head | Make 100 friendship bracelets  
Hang 100 messages of hope on a tree | Create a patchwork quilt of 100 squares  
Have a duck race with 100 rubber ducks | Run a free yoga class for 100 people  
Build something with 100 lego bricks | Make a 100 domino run  
Make 100 balloon animals | Go down a slide 100 times | Create a 100 track playlist

**To start fundraising visit: [www.captaintom100.com](http://www.captaintom100.com)**