



DO IT YOUR WAY

Friday 30th April – Monday 3rd May

#CAPTAINTOM100



SOME CHALLENGE IDEAS TO HELP INSPIRE YOU TO DO IT YOUR WAY!

- 100 hops on a pogo stick | Take 100 photographs | Climb 100 stairs | Take 100 dog walks
Score 100 football penalties | Juggle for 100 seconds | Run for 100 minutes
Bake 100 cupcakes | Send 100 messages | Build 100 sandcastles | Plant 100 seeds
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 | Eat 100 grapes
Balance something on your head for 100 secs | Sketch a self portrait in 100 seconds
Bounce a cricket ball 100 times on a bat | 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 | 100 skips
Shake-up 100 cocktails | Create a 100-step treasure hunt | Host a virtual party for 100 people
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
Create 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
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
Save £100 and donate to a charity of your choice | Donate 100 items to your local food bank
Do 100 kick-flips on a skateboard | Do 100 bounces on a trampoline | Cook 100 family meals
Complete a 10km virtual relay with 10 friends | Sing for 100 seconds | Create a 100 track playlist
Complete 100 games of Fortnite | Share 100 positive affirmations with people you care about
Plant 100 vegetables in your garden | Run 100 laps of your local park | Lip sync to 100 songs
Hang 100 messages of hope on a tree | Create a patchwork quilt of 100 squares
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
Have a duck race with 100 rubber ducks | Say 'red lorry yellow lorry' 100 times
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