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 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