

## **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