

Article

## #DoThe20Challenge ideas

Here is a list of lots of different types of challenge event ideas to get you thinking, pick one from the list or create your own challenge event!

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### Foody

- Cook 20 meals for 20 weeks
- Bake a 20-layer cake
- Eat 20 doughnuts in 20 mins
- No chocolate for 20 days
- Deliver 20 cupcakes for 20 days to hospital workers



### Wacky

- 2-hour danceathon
- 20,000 steps
- No screentime for 20 hours
- 20 hours of gaming
- Balance/hold 20 items



## Sporty

- 20-mile run
- 20-mile cycle
- 20 minute star jumps
- 20 skips everyday for 20 days
- 20,000 steps in a week/in a day or everyday for a week



## Creative

- 20 hour sing-a-thon
- Sew 20 pieces of clothing in x number of hours (or pieces of jewellery, whatever you would like to create!)
- Do 20 self-portraits!



[Register and get your free t-shirt](#)

## NRAS in 2023

- 0 Helpline enquiries
- 0 Publications sent out
- 0 People reached

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