

1. Do 30 burpees



No spending day



2.

Give up your phone for 24 hours



3.

Eat only Christmas-themed food for the day



4.

Walk/run 3K in a Christmas outfit



5.

6. Fast from something you love for 24 hrs (coffee, sugar)



Plank for 3 minutes straight



7.

Tell 5 people about SSJ

8.



Offer to do chores/tasks for donations

9.



Let someone pour a bucket of custard over you and film it.

10.



Let someone else do your makeup/clothes for the day, no changing



11.

Water only challenge no coffee, juice,



12.

Sponsor someone else's challenge day double the impact.

13.



Wrap yourself in tinsel and go for a walk

14.



Offer to match the next 5 donations

15.



16. Get dressed in the dark and go out no changing



Do a full-body workout in a Christmas jumper.



17.

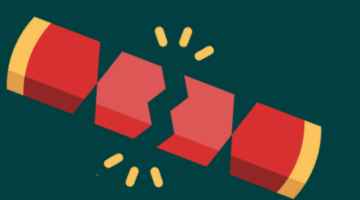
18. Find a local park gym and use it for 15 mins



19. Wrap 20 presents with oven mitts



20. Call a friend you haven't spoken to for a year

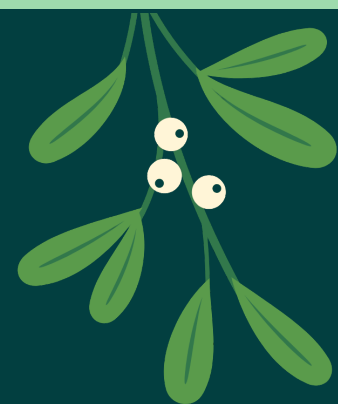


Eat your 5 a day

21.



22.



Do 10,000 steps

Sleep on the floor for a night - if you are fit enough to do so.



23.

24. Have a duvet day



25. Merry Christmas!!

