

# The 100 Club

Captain Tom, as he became known in newspaper headlines and TV interviews, set out to raise £1,000 for Britain's National Health Service by walking 100 laps of his backyard!

His quest went viral and caught the imagination of millions stuck at home during the first wave of the pandemic. Donations poured in from across Britain and as far away as the United States and Japan, raising some 33 million pounds!

## ***YOUR 100 CHALLENGE***

Can you complete 100 of an activity of your choice.... 100 everyday or 100 over the week depending on your selection and challenge level.

### **Some ideas**

- 100 Laps of your Garden/Block/Street
- 100 sit ups
- 100 press ups (wow)
- 100 burpees
- 100 star jumps
- 100 shots (basketball/netball/football)
- 100 climbs of your stairs!

