

The **JanYOU**ary Inspiration Station

If you are struggling to think of your January challenge, here's some suggestions to get you started.

● Wellbeing & Appreciation challenges

● Give Something Up challenges

● Family challenges

● Physical Challenges

● Fun & Silly Challenges

● Ultimate challenges

10 acts of kindness

Complete one whole day of no sitting down

Do an Ultra Run

Inside Out / Back to Front
Wear your clothes the wrong way

Climb your stairs
as many times as needed to reach the height of a famous peak!

Teach your family pet 5 new tricks

The 4x4x48 challenge

This isn't for the faint-hearted – run 4 miles, every 4 hours, for 48 hours!

Fancy Dress Day

Veganuary!
Go plant-based for the month

Hike / Climb a mountain peak

Get together virtually with friends
and donate the cost of a coffee

The Big Chill
Take a dip in some icy water

Host a virtual quiz
Have an entry fee and winner's prize

Give It Up!
Whatever you overindulge in

Gaming
Stream via Twitch and ask for donations

Be a record breaker
Come up with an inventive way to make your mark!

Drop a dress size!
Raise pounds by losing pounds

Run, Walk or Swim a set distance

Challenge 31
Do something every day for the whole month

Complete a fitness challenge

Family relay
each member pledges to cover a certain distance.

Brave the Shave!
Shave your head or wax your chest

Use your creative talents
Be creative and make items to sell

Make and complete your own obstacle course

Take on a centurion challenge
Aim to run 100 miles over a weekend

Dry January!
Go tee total for a month

Or choose your own challenge. Be creative, be bold and make January 2021 one to remember.
Thank you!

