CAPTAIN TOM 100

100 FUNDRAISING IDEAS

Friday 30 April to Monday 3 May
“Tomorrow will be a good day”
1. Walk 100 laps of your garden
2. Do 100 push-ups
3. Bake 100 cakes
4. Write a 100-sentence story
5. Wash 100 cars
6. Skip for 100 minutes
7. Get 100 people involved in Captain Tom 100!
8. Wear 100 different fancy dress costumes
9. Score 100 netball goals
10. Juggle for 100 seconds
11. Run for 100 minutes
12. Send 100 messages
13. Hop 100 times on a pogo stick
14. Score 100 cricket runs
15. Build 100 sandcastles
16. Do 100 keepy-uppies
17. Write and send 100 letters
18. Provide 100 meals for the homeless
19. Kick 100 rugby conversions
20. Paint 100 pictures
<table>
<thead>
<tr>
<th></th>
<th>21. Take a dog for 100 walks</th>
<th>26. Roller skate for 100 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>22.</td>
<td>Flip a bottle 100 times</td>
<td>27. Do 100 star jumps</td>
</tr>
<tr>
<td>23.</td>
<td>Toss 100 pancakes</td>
<td>28. Say “Tomorrow will be a good day” to 100 people</td>
</tr>
<tr>
<td>24.</td>
<td>Write a 100-word poem</td>
<td>29. Bounce a cricket ball on a bat 100 times</td>
</tr>
<tr>
<td>25.</td>
<td>Bake 100 biscuits</td>
<td>30. Make and send 100 cards</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>---</td>
<td>---</td>
<td></td>
</tr>
<tr>
<td>31.</td>
<td>Sing 100 songs</td>
<td></td>
</tr>
<tr>
<td>32.</td>
<td>Bounce a ball on a tennis racquet 100 times</td>
<td></td>
</tr>
<tr>
<td>33.</td>
<td>Take 100 photos</td>
<td></td>
</tr>
<tr>
<td>34.</td>
<td>Do 100 burpees</td>
<td></td>
</tr>
<tr>
<td>35.</td>
<td>Walk 100K</td>
<td></td>
</tr>
<tr>
<td>36.</td>
<td>Name 100 Beatles songs</td>
<td></td>
</tr>
<tr>
<td>37.</td>
<td>Be silent for 100 minutes</td>
<td></td>
</tr>
<tr>
<td>38.</td>
<td>Donate 100 items to your local charity shop</td>
<td></td>
</tr>
<tr>
<td>39.</td>
<td>Sow 100 seeds</td>
<td></td>
</tr>
<tr>
<td>40.</td>
<td>Do 100 hula hoops</td>
<td></td>
</tr>
</tbody>
</table>
41. Make a pyramid with 100 playing cards
42. Swim 100 lengths of a pool
43. Scooter for 100 minutes
44. Jump 100 waves
45. Create 100 different outfits from your wardrobe
46. Host a virtual party for 100 people
47. Stream for 100 hours on Twitch
48. Donate 100 items to your local food bank
49. Meditate for 100 minutes
50. Plant 100 trees (see ecologi.com for details)
51. Do 100 kick-flips on a skateboard
52. Jump on a trampoline 100 times
53. Play 100 games of Fortnite
54. Run 100 laps of your park
55. Cook 100 family meals
56. Lip sync to 100 songs
57. Try to spot 100 different trees, birds, cars and flowers on a walk
58. Run a 10K virtual relay with 10 friends
59. Complete 100 hours of fasting (Ramadan 12 April to 12 May)
60. Make 100 phone calls to friends and family
61. Formulate a 100-question quiz for friends and family
62. Take 100 football penalties
63. Read 100 books to your children
64. Make your bed 100 times
65. Do 100 good deeds
66. Watch 100 episodes of *Friends*
67. Eat 100 grapes
68. Do 100 cartwheels
69. Send 100 postcards
70. Balance 100 beer mats on your head
71. Make 100 friendship bracelets
72. Hang 100 messages of hope on a tree (remember to take them down afterwards!)
73. Create a patchwork quilt of 100 squares
74. Play a musical instrument for 100 minutes
75. Say 'red lorry yellow lorry' 100 times
76. Tap 100 tap dance steps
77. Build something with 100 Lego bricks
78. Make a domino run with 100 dominos
79. Perform 100 bike bunny hops
80. Share your 100 with 100 people
81. Make a pyramid with 100 playing cards
82. Cycle 100 miles in one day
83. Climb 100 stairs
84. Pull up 100 weeds
85. Hang from a bar for 100 seconds
86. Hit 100 strokes in a tennis rally
87. Volunteer 100 hours of your time
88. Go down a slide 100 times
89. Play 100 games of bingo
90. Iron 100 items of clothing in 100 minutes
91. Knit 100 scarves and give them to charity
92. Touch your toes 100 times
93. Recite 100 limericks
94. Sing karaoke non-stop for 100 minutes
95. Do 100 sit-ups every day for 100 days

96. Make a 100-minute playlist
97. Give up something you love for 100 days
98. Donate a 100-minute tutorial on something you’re expert in
99. Grow your beard for 100 days
100. Pick litter for 100 minutes