



CAPTAIN  
TOM 100

100 FUNDRAISING IDEAS

Friday 30 April to Monday 3 May



**“Tomorrow will be a good day”**

## Ideas 1-10

**1.** Walk 100 laps of your garden

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**2.** Do 100 push-ups

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**3.** Bake 100 cakes

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**4.** Write a 100-sentence story

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**5.** Wash 100 cars

**6.** Skip for 100 minutes

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**7.** Get 100 people involved in  
**Captain Tom 100!**

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**8.** Wear 100 different fancy  
dress costumes

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**9.** Score 100 netball goals

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**10.** Juggle for 100 seconds

**11.** Run for 100 minutes

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**12.** Send 100 messages

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**13.** Hop 100 times on a pogo stick

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**14.** Score 100 cricket runs

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**15.** Build 100 sandcastles

**16.** Do 100 keepy-uppies

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**17.** Write and send 100 letters

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**18.** Provide 100 meals for the homeless

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**19.** Kick 100 rugby conversions

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**20.** Paint 100 pictures

## Ideas 21-30

**21.** Take a dog for 100 walks

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**22.** Flip a bottle 100 times

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**23.** Toss 100 pancakes

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**24.** Write a 100-word poem

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**25.** Bake 100 biscuits

**26.** Roller skate for 100 minutes

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**27.** Do 100 star jumps

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**28.** Say **“Tomorrow will be a good day”**  
to 100 people

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**29.** Bounce a cricket ball on a bat  
100 times

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**30.** Make and send 100 cards

## Ideas 31-40

**31.** Sing 100 songs

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**32.** Bounce a ball on a tennis racquet 100 times

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**33.** Take 100 photos

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**34.** Do 100 burpees

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**35.** Walk 100K

**36.** Name 100 Beatles songs

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**37.** Be silent for 100 minutes

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**38.** Donate 100 items to your local charity shop

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**39.** Sow 100 seeds

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**40.** Do 100 hula hoops

**41.** Make a pyramid with 100 playing cards

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**42.** Swim 100 lengths of a pool

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**43.** Scooter for 100 minutes

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**44.** Jump 100 waves

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**45.** Create 100 different outfits from your wardrobe

**46.** Host a virtual party for 100 people

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**47.** Stream for 100 hours on Twitch

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**48.** Donate 100 items to your local food bank

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**49.** Meditate for 100 minutes

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**50.** Plant 100 trees  
(see [ecologi.com](http://ecologi.com) for details)

- 51.** Do 100 kick-flips on a skateboard

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- 52.** Jump on a trampoline 100 times

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- 53.** Play 100 games of Fortnite

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- 54.** Run 100 laps of your park

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- 55.** Cook 100 family meals

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- 56.** Lip sync to 100 songs

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- 57.** Try to spot 100 different trees, birds, cars and flowers on a walk

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- 58.** Run a 10K virtual relay with 10 friends

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- 59.** Complete 100 hours of fasting (Ramadan 12 April to 12 May)

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- 60.** Make 100 phone calls to friends and family

**61.** Formulate a 100-question quiz for friends and family

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**62.** Take 100 football penalties

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**63.** Read 100 books to your children

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**64.** Make your bed 100 times

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**65.** Do 100 good deeds

**66.** Watch 100 episodes of *Friends*

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**67.** Eat 100 grapes

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**68.** Do 100 cartwheels

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**69.** Send 100 postcards

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**70.** Balance 100 beer mats on your head

**71.** Make 100 friendship bracelets

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**72.** Hang 100 messages of hope on a tree  
(remember to take them down afterwards!)

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**73.** Create a patchwork quilt of  
100 squares

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**74.** Play a musical instrument for  
100 minutes

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**75.** Say 'red lorry yellow lorry'  
100 times

**76.** Tap 100 tap dance steps

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**77.** Build something with 100 Lego bricks

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**78.** Make a domino run with  
100 dominos

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**79.** Perform 100 bike bunny hops

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**80.** Share your 100 with 100 people

## Ideas 81-90

**81.** Make a pyramid with 100 playing cards

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**82.** Cycle 100 miles in one day

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**83.** Climb 100 stairs

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**84.** Pull up 100 weeds

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**85.** Hang from a bar for 100 seconds

**86.** Hit 100 strokes in a tennis rally

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**87.** Volunteer 100 hours of your time

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**88.** Go down a slide 100 times

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**89.** Play 100 games of bingo

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**90.** Iron 100 items of clothing in  
100 minutes

**91.** Knit 100 scarves and give them to charity

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**92.** Touch your toes 100 times

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**93.** Recite 100 limericks

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**94.** Sing karaoke non-stop for 100 minutes

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**95.** Do 100 sit-ups every day for 100 days

**96.** Make a 100-minute playlist

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**97.** Give up something you love for 100 days

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**98.** Donate a 100-minute tutorial on something you're expert in

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**99.** Grow your beard for 100 days

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**100.** Pick litter for 100 minutes