Climb the stairs 10 times in 10 minutes
Walk for 20 minutes 7 days in a row - outside or round the house
Perform 20 bicep curls with a tin of beans. Repeat with the other arm
Walk for 20 minutes 7 days in a row - outside or round the house
Perform 20 bicep curls with a tin of beans. Repeat with the other arm
Complete 20 step ups - 3 times in one day
Complete 30 squats
Complete 30 step ups - 3 times in one day
Complete 30 squats
Complete 30 step ups - 3 times in one day
Complete 30 squats
Complete one activity from each line
Complete a horizontal or vertical line of activities
Complete all activities
Bronze
Silver
Gold
Can you complete our active challenge?
How many of these activities can you do? See if you can score bronze, silver or gold! Good luck!