



TOP 10  
WORKPLACE  
CHALLENGES

JOIN THE  
**NF HERO**  
**CHALLENGE**

AND HELP THE CHILDREN'S  
TUMOUR FOUNDATION  
**CONQUER NF**



[WWW.CTF.ORG.AU](http://WWW.CTF.ORG.AU)  
[#NFHEROCHALLENGE](https://twitter.com/NFHEROCHALLENGE)

# 1.

## WALK OR BIKE TO WORK

Get those exercise gains!

Challenge yourself physically by ditching the car in favour of walking or cycling to work.



## PLANK CHALLENGE

Can you fit a few extra minutes into your Zoom team meetings? Why not start a plank challenge?

Employers can challenge participating employees to plank a set time each day, with times increasing five seconds each day to reach a certain time goal over a month.

# 2.

# 3.

## VIRTUAL HAPPY HOUR

Grab a glass of your drink of choice (or bottle) and hold a weekly virtual happy hour for your teammates.

Set up a competition between your colleagues. What's the best challenge you can set for the lowest fundraiser?

## THE GREAT OFFICE BAKE OFF!

Challenge your creative and culinary side with an office bake off.

Battle your colleagues to a bake-off or hold a virtual cake decorating competition.

You could even up the ante by adding prizes and different challenges into the mix!

# 4.

# 5.

## EATING CONTESTS

Whether you serve pies, doughnuts, or hot dogs, contestants can pay an entry fee to compete.

Solicit local shops or bakeries to donate the food that will be devoured at your tasty fundraiser.

# 6.

## EXERCISE LESSONS

Whether you focus on yoga, tennis, or self-defense, host an afternoon where participants can donate to receive a lesson.

To find an instructor, reach out to experts at local gyms or studios who might be interested in donating their skills for a good cause.

## BRING AND BUY

Ask your team to donate items from home that are still in good condition.

Price all the items up and invite everyone along for some second-hand shopping.

Donate the funds raised from the items you sold to the CTF.

# 7.

# 8.

## PACKED LUNCH MONTH

Encourage everyone to make their lunch at home for a month and bring in a packed lunch.

Ask them to donate what they would have paid at the office cafe or local shop to the CTF instead.

## OFFICE OLYMPICS

Write down a list of Olympic activities relevant to your office and create an obstacle course that involves them all. The fastest colleague to complete the course is crowned the winner.

The activities could be anything from desk chair racing, to photocopying, to unpacking boxes.

# 9.

# 10.

## SKIP THE SNACK

If your office has a real sweet tooth, you could try ditching the snacks for a week and donate all the money that you would have spent instead.

