

A-Z of CHALLENGE IDEAS



JOIN THE
NF HERO CHALLENGE
THIS SEPTEMBER

A

Abseiling

There's nothing quite like the surge of adrenalin you'll feel as you descend a rock face.

Race your mate down a sheer cliff face or launch yourself and bound to the bottom in as few touches of the wall as you dare!

Auction

We've asked you to give up something for the month. Why not auction off those material possessions you feel you couldn't live without and donate the proceeds to the CTF?

BURPEE CHALLENGE

Commit to 30 burpees (or more if you can) for 30 days to represent the physical impact NF can have those living with this devastating condition.

BUNGEE JUMP

Take the ultimate plunge and tick off one of life's true bucket list items.

Those with a need for an adrenaline fix can put their faith in an elastic cord in an amazing free-fall experience



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C

CYA LATER CHOCOLATE

Take on the ultimate challenge and say goodbye to chocolate for the entire month!



CREEPY CRAWLIES

Got a fear of creepy crawlies? Cover your head in cockroaches - it's been done before but doesn't mean it can't be done again.

DONATE BLOOD

Give some of your blood and help save a life. Many people with NF require chemotherapy and blood transfusions. By donating blood, you'll be making an immediate difference.

DROP THOSE POUNDS

Need a little bit of extra motivation to reach those fitness and weight-loss targets? Why not do it for a good cause?

By introducing a cause that is outside of your own goals, you'll be even more inspired to do the hard yards.

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EXERCISE

Commit to 30 days of exercise this September!



EXHIBITION

Got a bit of an artsy side that you're scared to show off?

Use this month to step out of your comfort zone and show the world your talent!

FUN RUN

Make a commitment to run a certain distance every day or week for every dollar you raise.

FUNDRAISE

Fundraising is a challenge in itself, especially during a global pandemic. Why not dedicate the whole month purely to raising as much money as you can?

F

G

GO BLUE AND GREEN

Did you know that blue and green are the international colours of NF?

Commit to colouring your hair blue and green, the international colours of NF awareness

GET MOVING

It's time to get that body moving!

Commit to swim, cycle or even Kayak the distance travelled to and from appointments every year.

Hiking

Climb a mountain to represent the uphill battle NF families face in fighting for effective treatment options.



HEAD SHAVE

So attached to your hair that the thought of cutting it all off would make you go pale with fear and anxiety? Shave your head or even your beard to represent those with NF who have to undergo extensive chemotherapy treatments.

H

IRONMAN

Go the extra mile with these ultra fitness challenges – sweat it out in an organised ironman event. Not for the faint of heart, ironman triathlons are a challenging fundraiser that tests you both mentally and physically.

ice ice baby

You could throw yourself into icy cold water to fire up your nerve endings. People with NF experience nerve pain regularly.

JOG-A-THON

Get sponsored for every kilometre you complete. If it's raining outside – and you're a bit of a wimp – you could even do it on a treadmill. You could even ask your local gym to sponsor you!

JUMP!

Take the plunge with our most hair-raising fundraising campaign - SKYDIVING!

Either do it solo or get your friends to jump with you – it is guaranteed to be an experience you will never forget!

J

K

KARAOKE

Step out of your comfort zone and grab the mic – it's karaoke time!

Why not live stream the show and add a donate button for viewers to support you.

KILOMETRE CHALLENGE

Get sponsored per kilometre you run, walk, skip or hop!

Recruit your mates and colleagues to take part with you.

LIVE STREAM

Challenge yourself to do a weekly live stream to update your followers on your fundraising progress. You can even add a donate button throughout your Facebook live stream.

LEARN SIGN LANGUAGE

Did you know that hearing loss is one of the key symptoms of NF2?

Why not challenge yourself to learn Auslan throughout the month?

L

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MATCHED GIVING

Is your challenge for the month to fundraise? Ask your employer about matched giving.

You could have your fundraising efforts doubled by your employer, so don't be afraid to ask!

MARATHON

Get training and set a challenge to run the distance of a marathon by the end of September.

NATURAL MONTH

Challenge yourself to go the whole month with no makeup!

Go bare-faced for the entire month of September.

No NETFLIX

TV is a normal part of life and has become even more important since lockdown. By giving up an activity that you would normally do, every day, you can share the message that 'tumours should never be a child's normal'.

N

O

ONE DAY FAST

Get friends or your workplace to sponsor you to go without food for a day and donate the money to the CTF.

To up the ante, you might also like to encourage a group of people to join you.

OBSTACLE COURSE

Set-up the ultimate obstacle course to raise money for the Children's Tumour Foundation. Yours could include a tyre swing or even a mud pit.

Peddle FAST

Cycling each day or a specific distance across the month is a great way to feel the legs burn.

You could even challenge yourself to attend as many spin classes as you can!

PANTS RUN!

Ditch the pants and pull out your wildest undies and show them off in aid of a good cause.

It's a great way to get people asking questions about your cause!

P

Q

quiet

Calling all chatterboxes!

Get sponsored to do a 24-hour silence where your friends, family and colleagues can donate to show their appreciation for a bit of peace and quiet...



QUIZ NIGHT

Challenge your minds and hold a virtual quiz night!

Ask family and friends to pay an entry fee and find your quiz questions online.

REACH NEW HEIGHTS

From bouldering to traditional indoor rock climbing, there's so many places to scale walls and reach new heights!

RECORD BREAKERS

Check out www.guinnessworldrecords.com

You can find a bunch of records that you could break without even leaving your home!

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SWEAR JAR

Got a potty mouth?

A swear jar can be a handy way to fundraise to CONQUER NF while also creating good habits. Any slip of the tongue equals a coin in the jar.

Swim

Just keep swimming!

Dive into the journey towards CONQUERING NF. It's a great way to motivate you and/or your friends to get fit.

TATTOO

Get a tattoo to represent the fight to conquer NF or an NF Hero.

Live stream yourself getting the tattoo done so you can prove that you came through!

TREE TOP CHALLENGE

Have a fear of heights or problems with your balance.

Find a local tree top climbing park to test your limits and your balancing skills!

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U

UNDERWATER PLUNGE

Think you have what it takes to brave the cold?

Take an icy polar bear dip at the end of the month to help raise funds and awareness for NF.

UNDERWEAR PARTY

Be brave and wear your underwear as over-wear.

Perhaps think about creating a superhero challenge alongside it.

VEGETARIAN OR VEGAN

Switch your proteins from chicken to chickpeas for the month and see how you feel.

Who knows, you might love it!

ViNo

Say goodbye to that comforting glass of red or white at the end of a long day.

Even more challenging when in lockdown!

V

W

WAX OFF

How much would your friends and family be willing to pay to see this? (Quite a bit we imagine...)

Why not live stream the event and add a donate button.

WALK

Get those steps up! Walk 10,000 steps a day to represent the 10,000 people in Australia living with NF.

X-BOX FREE

Are you obsessed with gaming? Why not challenge yourself to go without it for the entire month?

X-TREME PERSONAL CHALLENGE

Everyone has that white whale of exercises, that physical feat that just eludes us. Sometimes it remains out of grasp because we're not really trying as hard as we can to get it.

This month get it and ask people to sponsor you while you're at it!

X

Y

YOLO

You only live once.

What's on your bucket list?

Inspire others and get sponsored to do something amazing.

YOGATHON

Get sponsored to do yoga for the month.

You'll be so bendy by the end of it that you can charge people to watch you tie yourself in knots. Bonus!

ZIPLINE

Get sponsored to take a ride and challenge friends to join you. Go from easy to extreme giving you the satisfaction of conquering your fears and having a whole lot of fun.

ZUMBATHON

If you're feeling energetic and want a physical challenge that lots of people can take part in, this is a great way to raise sponsorship together.

Set up a class online and ask for donations.

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