



**MINUTES**  
for *Mentor Mothers*

# Challenge Ideas

Struggling to think of a challenge? Take a look at some examples below!

## Row

Set yourself a target, and use your minutes to try and row the distance.

## Cycle

Cycle around your local park, to and from work every day, or from the comfort of your own home! Why not invite your friends, family, and colleagues to cycle together?

## Run

How far can you run in 300, 600, or 1,200 minutes? Explore different areas of your city every day whilst racking up your minutes.

## Walk

Walk a marathon, climb that hill you've always wanted to conquer, or challenge your teammates to a steps challenge.

## Meditate

Use your minutes to take some much needed time away from everything. Keep a daily journal to track your journey.

## Get Sporty

Use the Olympics as the ultimate inspiration to take on a brand new sport like skateboarding, mountain biking, or even synchronised swimming! Set yourself a goal and use your donated minutes to work towards it!

## Team Sports

Get together with your friends, family, or colleagues and play a team sport every day. Organise a football, cricket, or touch rugby match, or try something completely new.

# #MinutesMatter



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## Dance

Dance away your worries with your friends, family, or colleagues. Improve your mood, donate your minutes and fundraise for m2m Mentor Mothers.

## Learn something new

Learn a new language or a musical instrument you've always wanted to try.

## Skip

Have you ever tried skipping for 60 minutes every day for 20 days? Why not give it a try!

## Yoga

Improve your yoga skills by taking on a yoga challenge.

## Lend a hand

Like m2m Mentor Mothers, why not use your time to help or mentor others?

## Swim

Dive into your challenge by swimming for 15, 30, or 60 minutes each day. How many lengths can you reach?

## Job swap

Have you ever wondered what your colleagues do each day? Why not swap job roles for 60 minutes a day and find out!

## Get Climbing

Climb the stairs in your home, local park, or office and try to reach 2,909 steps each day—the height of the tallest building in the world. Or, take your friends on a hillwalking adventure to rack up some miles.

**It only takes 21 days to make a habit—why not use your challenge to create a healthy new habit and fundraise for mothers2mothers Mentor Mothers at the same time!**