

NEDD'S

UNCOMFORTABLE
CHALLENGE

2025



SCHOOL:

TEAM NAME:

MY CHALLENGE IS:

CHOOSE ONE CHALLENGING TASK TO ACCOMPLISH EACH DAY AND MARK OFF THE DAYS YOU COMPLETE THEM.

LET'S GET UNCOMFORTABLE!⚡

DAY 1. MONDAY 20/10	DAY 2. TUESDAY 21/10	DAY 3. WEDNESDAY 22/10	DAY 4. THURSDAY 23/10	DAY 5. FRIDAY 24/10
DAY 6. SATURDAY 25/10	DAY 7. SUNDAY 26/10	DAY 8. MONDAY 27/10	DAY 9. TUESDAY 28/10	DAY 10. WEDNESDAY 29/10