

## 2020 DHT Challenge List. (all three categories) Final 2020 update.

DHT= Do hard Things. It's about the journey, not the completion. WWW.DHTChallenge.com. Instagram: DHTChallenge

Date

**Done**

Fitness, indoor and outdoor, with apparatus and not	1	Do 20 pushups from your feet, IAR, IAmi
	2	Do 20 consecutive jump ropes, IAR, IAmi
	3	Hold breath 60 seconds
	4	Hand stand walk 20 feet.
	5	Complete 20 Burpees, IAmi
	6	Hold Tree pose FAMi
	7	Complete 2 push ups from your knees, IAR
	8	Do a pull-up.
	9	Complete 20 Air Squats, IAmi
	10	Complete 20 Box Jumps at 20% your height or more, IAmi
	11	Hold a plank from elbows or hands, IAmi
	12	Complete 5 reps of 4 different push-ups, IAmi
	13	Hang from bar FAMi
	14	Hang in a chin-up FAMi
	15	Hang from right hand, from bar, FAMi
	16	Hang from left hand, from bar, FAMi
	17	Complete 22 reps of 20 core exercise x 2, IAH
	18	Complete 220 Burpees, IAH
	19	20 Yoga Poses for 20 seconds each.
	20	200 Air Squats every day, FAW.
	21	Run a mile faster than your PR or in the last 5 years.
	22	Train 2 days a week for 20 weeks strait.
Fitness, indoor and outdoor, with apparatus and not	23	Complete 2020 pull-ups, IAY.
	24	Do 200 push-ups IAD.
	25	Do 20 cartwheels in a row, each side.
	26	Hold a plank for 220 seconds.
	27	Walk 10,000 steps a day for 20 days strait.
	28	Throw and catch with non dominant hand 220 times.
	29	Stand on left foot for 2 minutes, then right foot.
	30	Complete 10 rounds, IAH: 5 handstand push-ups (feet can be up against wall) 5 pistol squats, each leg 5 pull-ups
	31	Complete 10 rounds, IAH: 5 inverted push-ups (feet can rest anywhere above head) 10 lunges each leg alternating, 5 assisted pull-ups or jump ups.
	32	Complete 10 rounds, IAH: 20 box jumps 20% or more your height 20 military arm presses with 20% body weight or more.
	33	Do at least 20 of each: Burpees, Push-Ups, Pull-Ups, Squats with 20lbs, Box Jumps at least 20 inches, Do at least 220 reps, IAHh
	34	Complete 220 lunges, core exercises, push-ups (knees or hands), and 22 pull-ups, IAH
	35	20lbs total or 20lbs each hand: 220 kettlebell swings, 22 Standing Flys, 22 standing rows, 22 squats
	36	Complete 2020 meters on a rower, IAH.
	37	Jump rope for 2 minutes and 20 seconds continuously.
	38	Complete 200 calories on 2 machines, IAD
	39	Burn 2020 calories on any combination of cardio machines, IAD.
	40	Climb 20X up a rope.(hemp or similar, typically 15ft high) IAD
	41	Complete 220 Kettle Bell swings with 20% of your body weight IAD.
	42	Lift 2,020,000 lbs IAMo
	43	Bowl a 220 or higher.
	44	Take one cycling class and one other fitness class IAW
Fitness, indoor and outdoor, with apparatus and not	45	Swim 20 km IAMo
	46	Take a fitness class from 20 different instructors
	47	Take a martial arts class.
	48	Visit and workout at 20 different gyms on 20 different days, IAMo
	49	Take a yoga class every day (online qualifies) FAW
	50	Determine your current Single Max Squat today, record and save. When ready (after training, etc.) Lift 20% more than your previous max squat.
	51	Take a fitness class somewhere you've never been before.
	52	Boulder 20 V2's (don't have to be unique), IAHh
	53	Boulder a PR grade (Life time or last 5 years)
	54	20 unique boulder problems, IAHh.
	55	Do 22 different boulder problems in a 1/2 hour, IAHh
	56	Do 3 Boulder problems, IAmi
	57	Complete 220 Unique boulder problems IAD
	58	Boulder a rating you have never been able to boulder before (or in last 5 years)
	59	Compete in an organized climbing competition.
	60	Rope climb up and down a wall at least 30 feet high. IAmi
	61	Climb twice to the top of a climbing wall, one hand behind your back. (L n R)
	62	Climb twice to the top of a climbing wall, with one foot only. (L n R)
	63	Climb 2020 feet IAW.
	64	Throw and catch with non dominant hand 220 times.
	65	Complete 220 Climbing pitches IAD (28ft wall or higher)
	66	Get three people to join the DHT Challenge webpage, and attempt three challenges.
Fitness, indoor and outdoor, with apparatus and not	67	Both partners blindfolded, climb to the top of 3 different climbing walls (using 3 different ropes), Finding the ropes, tying in, checking belay, etc...
	68	Redpoint (rope climbing), without falling, a letter grade you have not been able to climb in the last 5 years or ever.
	69	Onsight Flash (rope climbing) without falling, a letter grade you have not been able to onsight climb in the last 5 years or ever.
	70	Run, Bike, Climb, Swim, Take a Fitness Class, Lift Weights, plus one more outdoor activity IAD
	71	Complete an organized human powered race.
	72	Bike 20 miles, IAD.
	73	XC or BC ski 20 miles or more.
	74	Climb 2020 feet outside, IAMo
	75	Climb somewhere outside you haven't climbed before.
	76	Climb a 2 or more pitch route outside IAD
	77	Climb a 20 or more pitch route.
	78	Climb outside
	79	Bike 200 miles IAMo
	80	Lead and be lead by a partner, blindfolded, on a trail for 20 minutes each.
	81	Complete 10 twice double unders or 220 jumps in a row.
	82	Pick up 2020 pieces of trash
	83	Host/Coordinate a DHT Challenge Day in your community

Fitness	84	Mountain bike 20+ miles on trails NTY. IAW	
	85	Complete a multiday human powered race. IAW	
	86	Run/Speed Walk 20 minutes a day 20 days or more IAMo	
	87	Run/Speed Walk 20 minutes a day 20 days or more IAMo	
	88	XC or BC 200 miles or more IAMo	
	89	Travel to a country you have never been before.	
	90	Shoot a bow and arrow 20 times.	
	91	Complete 2020 Human Powered Miles (can be combined, i.e. walking, biking, XC skiing, swimming, etc...)	
	92	Outdoor adventure with 20 people you have never adventured with before (can be done together or separately)	
	93	Complete 2020 Human Powered Miles (can be combined, i.e. walking, biking, XC skiing, swimming, etc...)	
	94	Ascend 2 peaks 10,100 ft or higher, with at least 2,020 ft human powered. Doesn't matter how long between ascents.	
	95	Complete via human powered travel: 2 miles on a water craft, 20 miles on a bike, 20 miles on foot, 20 miles on skis or snow shoes.	
	96	Mountain bike 20+ miles on trails you have never been before. Minimum length on any one trail 5 miles. IAW	
	197	Take 20 steps along a straight line on the ground, then 20 backwards on the same line.	
Fitness, indoor and outdoor, with apparatus and not	152	Slide 200 ft. On: grass, glisade on snow, sand dune, playground slide, railing(s), other..	
	153	Climb five different grades, four times each IAH.	
	154	Climb for 20 minutes without touching the ground.	
	155	Climb 20 different 5,10s in an hour	
	156	Run 20 miles in 20 minutes or less.	
	157	Complete any two boulder problems with your right hand only, then left. Four ascents. (use both feet)	
	158	Walk 2 miles backwards.	
	159	Complete 5 tabatas,(4 minutes each), with five different exercises, then repeat. Take one minute break between each	
	160	Squat 2020 KGs in 20 minutes.	
	184	Every minute for 30 minutes do the following, in any order: one pull-up, one push-up, one squat, one lunge each leg, one crunch, one back extension / Wonder Woman.	
	Social/Mental	97	Read 2 books (audio ok) IAMo
		98	Sit in a cold stream for 2 minutes.
		99	Read 20 books (audio ok)
		100	Become a member of DHTChallenge.com
101		Meditate for 20 minutes.	
102		Get a certification	
103		Speak in front of 20 people or more.	
104		Leave your phone off and at home for 22 hours	
105		Go carless FAW	
106		Sleep with head where your feet go for two nights IAR.	
107		Arrive 10 minutes early for every appointment, FAW.	
108		Speak in front of 2020 people or more.(all at once or IAY)	
109		Become proficient at an instrument, NTY.	
110		Journal for 20 minutes a day for at least 20 days IAMo	
Social/Mental	111	Tell 3 people in your life what you appreciate about them.	
	112	Ask 20 people a way you can make their lives wonderful. IAW	
	113	Meet 2 new people with similar interests or hobbies. IAMo	
	114	Teach someone a new skill.	
	115	Twice per day, notice something wonderful about 2 people and share with them what you notice, every dday FAW.	
	116	Make a list of 20 people you love and talk with each of them at least twice via phone or in person. IAMo	
	117	Meet and learn about 2 people who have a hobby/interest/job you have never heard or thought of. IAMo	
	118	Pick someone you value in your life and commit to talking to them at least once a week for 20 weeks.	
	119	Hold the door open for 20 people IAD. Greet them with a smile as you hold the door open.	
	120	Attend a service of a religion or organization that is not your within your belief system or which you have not attended before.	
	121	Do 1 random act of kindness oer day without telling anybody about it, 20 days IAMo	
	122	Meditate 5 minutes every morning before breakfast and before looking at any digital device. FAMo	
	123	Learn how to say "I love you" and "Doing hard things makes you strong." in sign language. Make a video of you signing, post on DHTchallenge.com, and tag on dhtchallenge on social media.	
	Social/Mental	124	Think of something someone did which you felt angry about. Write down a story of what might have happened to them before they got angry which, when you think of that story, makes you feel compassion rather than anger when thinking about what they did. See "Style/rule sheet" for more info.
125		Meet 2020 new people,make a list of their names, where you met them, and something interesting (to you) about them.	
167		Collect \$20.20 from strangers and give it away to strangers.	
168		Trade an item for something. Do this 20 times, trading "up" and post your trades on Insta or FB Tag #DHTChallenge.	
169		Stick a DHT sticker in a legal, appropriate place and post a picture on Insta or FB #DHTChallenge.	
170		Wave to 20 people you don't know and smile, IAD.	
171		Greet 20 people with words from a language(s) other than your native language.	
176		Do not get in a vehicle for 48 hours.	
179		Sing at a Karaoke place.	
180		Order a drink that you have never had before.(and drink it)	
181		Give a packaged food item to someone that is asking for help.	
185		Massage someone's forearms and hands for 22 minutes.	
188		Sit in a seat on a plane, train, or bus that you would normally not choose to sit in.	
189		Ask to take on a new task at work.	
Life	195	Use no electronic devices for 20 hours a day for a week.	
	196	20 times in A Row when you communicate to anyone you love, tell them that you love them.	
	126	Visit 20 states.	
	127	Sleep/Camp more than 2 miles from a trail head.	
	128	Go see the Northern Lights.	
	129	Host Hans & Liesbet in your home.	
	130	Drink only water (water as your only beverage) FAW	
	131	Sleep with head where your feet go for two nights IAR.	
	132	Eat FAW with chopsticks.	
	133	Volunteer for 20 hrs in a non-profit organizations/communities	
	134	Give 2 hours toward any candidate for congress	
	135	VOTE in a local election and in a national election.	
	136	Pay all debts and be dept free for a month. (mortgage OK)	
	137	Get nude at a nude beach, hot springs, similar.	
138	Spend an hour outside everyday. Spend 5 minutes staring at the sky. Spend 5 minutes, eyes closed, listening to sounds far and near. FAW		
139	Cook and deliver pre-cooked meals to 2 families in need (you and they determine need) IAW		
140	Cook and eat one meal at home. Give thanks before eating. No electronics while cooking or eating. Prepare one thing NTY each meal. FAW		
141	Don't use any electric/battery/mechanical lights in your house FAD 2x IAW. Fire light ok.		
142	Open an investment account (if you don't have one already). Invest \$2020 (by the end of the year).		
143	Post 20 pictures of you doing something cool and "hard for you" on social media, tagging DHT. Send us the picture dhtchallenge@gmail.com		

Life	144	Do any 10 DHT challenges IAH.
	145	Do any one week challenge 4x IAMo
	146	Do any one day challenge everyday FAM
	147	Complete 1 DHT 20 in an day challenge list, IAH
	148	Complete 1 DHT 20 Challenge Day List
	149	Complete 20 Challenges in 1/2 the regular time allotted.
	150	Complete 50 Challenges from the DHT 2020 annual list, IAD
	151	Complete 100 challenges from the DHTChallenge 2020 annual list, IAD
	161	Only fluid intake for two days. (no chunks.)
	162	Only savory foods for 3 days.
	163	No cooked food for 2 days.
	164	Use the opposite hand for your phone for a week.
Life	165	Use the opposite hand for brushing your teeth for a week.
	166	Tie your shoes a different way for a week.
	172	Brush your teeth with non-dominant hand for a week.
	173	Brush/comb your hair with your non-dominant hand for a week.
	174	Purchase and eat a can of food that you've never had before.
	175	Purchase and eat something from the produce area of the market that you've never had before.
	177	Find four items in your closet you have not worn, or only worn once. - Wear them or donate to someone or group.
	178	Wear your watch on your other wrist for a week.
	182	While dining/eating, hold utensils for eating in your non-dominant hand for a week.
	183	Ride a bike to a place to eat.
	186	Eat something pickled that's not a cucumber.
	187	Call someone during a weekend or holiday, and just say that you appreciate that they are in your life. (let conversation go from there.)
	190	Memorize and recite to someone 220 words from a: book, lyric sheet, article, pamphlet, or other written document.
	191	While outside, stand still, name to yourself: three sounds you hear, three smells, and three things moving that are not making a sound or smell.
	192	Listen to two songs that were performed before 1960.
	193	Watch a movie that came out before 1960.
194	Watch a movie longer than an hour while moving on a cardio machine.	
198	Take a class at a location you haven't taken a class at, and learn 2 people's names at the class.	
199	Count your steps on the next walk you do, until you reach 2020	
200	Send Liesbet and Hans a challenge to do that is not on the list.	

BPM = Beats Per Minute IAY = In A Year, or The year  
 DHT = Do Hard Things IASS = In a Single Session  
 FAD=For a day KB= Kettle Bells  
 FAW=For a week NIAD = Nose In A Day  
 FAMo=For a month NTY= New To You  
 FAMI=For a minute OPD=Once per day  
 HR = Heart Rate PR=Personal Record  
 IAH = In An Hour TTB=Toes To Bar  
 IAHH = In Half an Hour SOS=See Our Style sheet  
 IAD = In A Day WOD= Work Out of the Day  
 IAW = In A Week  
 IAR = In A Row

**Check out DHTChallenge on: Instagram, FB, and Twitter**