## 2020 DHT Challenge List. (all three categories) Final 2020 update. DHT- Do hard Things. It's about the journer, not the completion. WWW.DHTChallenge.com. Instagram: DHTChallenge

| Date |
|------|
| Done |

| Done     |  |  |
|----------|--|--|
|          | 1  | Do 20 pushups from your feet, IAR, IAmi  |
|          | 2  | Do 20 consequtive jump ropes, IAR, IAmi  |
|          | 3  |  |
| <u> </u> | +  | 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   |
| 5        | 8  |  |
|          | _  | Do a pull-up.  |
| -        | 9  | Complete 20 Air Sqauts, 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   |
| i        | 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  |
| 9        | 18   |  |
|          |  | Complete 220 Burpees, IAH  |
| :        | 19   | 20 Yoga Poses for 20 seconds each.   |
|          | 20   | 200 Air Sqauts 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.   |
|          | 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.  |
| i -      | 29   | Stand on left foot for 2 minutes, then right foot.   |
| 1        | 30   | Complete 10 rounds, IAH: 5 handstand push-ups (feet can be up against wall) 5 pistol squats, each leg 5 pull-ups   |
| 5        | 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 up   |
|          | 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   |
| 3        | 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 continuosly.  |
|          | 38   |  |
|          | +  | Complete 200 calories on 2 machines, IAD   |
| -        | 39   | Burn 2020 calories on any combination of cardio machines, IAD.   |
| 3        | 40   | Climb 20X up a rope.(hemp or similar, typically 15ft high) IAD   |
| i        | 41   | Complete 220 Kettle Bell swings with 20% of your body weight IAD.  |
|          | 42   | Lift 2,020,000 lbs IAMo  |
|          | 43   |  |
|          | 44   | Bowl a 220 or higher.  |
|          | _  | Take one cycling class and one other fitness class IAW   |
| 1        |  | Swim 20 km IAMo  |
|          | 45   |  |
|          | 46   |  |
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|          | 46<br>47<br>48<br>49<br>50<br>51<br>52<br>53<br>54<br>55<br>66<br>67<br>68<br>69<br>70<br>71<br>72<br>73<br>74<br>75<br>76   | Take a fitness class from 20 different instructors Take a martial arts class.  Visit and workout at 20 different gyms on 20 different days. IAMo Take a yoga class every day (online qualifies) FAW  Determine your current Single Max Squat today, record and save. When ready (after training, etc) Lift 20% more than your previous max sqaut. Take a fitness class somewhere you've never been before.  Boulder 20 V2's (don't have to be unique), IAHh  Boulder a PR grade (Life time or last 5 years)  20 unique boulder problems, IAHh.  Do 22 different boulder problems in a 1/2 hour, IAHh  Do 3 Boulder problems, IAMi  Complete 220 Unique boulder problems IAD  Boulder a rating you have never been able to boulder before (or in last 5 years)  Compete in an organized climbing competition.  Rope climb up and down a wall at least 30 feet high. IAmi  Climb twice to the top of a climbing wall, one hand behind your back. (L n R)  Climb twice to the top of a climbing wall, with one foot only. (L n R)  Climb twice to the top of a climbing wall, with one foot only. (L n R)  Climb twice 20 Climbing pitches IAD (28ft wall or higher)  Get three people to join the DHT Challenge webpage, and attempt three challenges.  Both partners blindfolded, climb to the top of 3 different dimbing walls (using 3 different ropes). Finding the ropes, tleing in, checking belay, etc  Redpoint (rope climbing), without falling, a letter grade you have not been able to climb in the last 5 years or ever.  Onsight Flash (rope climbing), without falling, a letter grade you have not been able to onsight climb in the last 5 years or ever.  Run. Bike, Climb, Swim, Take a Fitness Class, Lift Weights, plus one more outdoor activity IAD  Complete an organized human powered race.  Bike 20 miles or more.  Climb 2020 feet outside. IAMO  Climb a 20 or more pitch route.  |
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|          | 46<br>47<br>48<br>49<br>50<br>51<br>52<br>53<br>54<br>55<br>56<br>57<br>58<br>60<br>61<br>62<br>63<br>64<br>65<br>66<br>67<br>71<br>72<br>73<br>74<br>75<br>76<br>77<br>80       | Take a fitness class from 20 different instructors Take a martial arts class.  Visit and workout at 20 different gyms on 20 different days. IAMo Take a yoga class every day (online qualifies) FAW  Determine your current Single Max Squat today, record and save. When ready (after training, etc) Lift 20% more than your previous max sqaut. Take a fitness class somewhere you've never been before.  Boulder 20 V2's (don't have to be unique), IAHh Boulder a PR grade (Life time or last 5 years)  20 unique boulder problems, IAHh.  Do 22 different boulder problems in a 1/2 hour, IAHh Do 3 Boulder problems, IAHh.  Complete 220 Unique boulder problems in a 1/2 hour, IAHh Do 3 Boulder problems, IAHh.  Complete 220 Unique boulder problems IAD  Boulder a rating you have never been able to boulder before (or in last 5 years)  Compete in an organized climbing competition.  Rope climb up and down a wall at least 30 feet high. IAmi  Climb twice to the top of a climbing wall, one hand behind your back. (L n R)  Climb twice to the top of a climbing wall, with one foot only. (L n R)  Climb twice to the top of a climbing wall, with one foot only. (L n R)  Climb 2020 feet IAW.  Throw and catch with non dominant hand 220 times.  Complete 220 Climbing pitches IAD (28ft wall or higher)  Get three people to join the DHT Challenge webpage, and attempt three challenges.  Both partners blindfolded, climb to the top of 3 different climbing walls (using 3 different ropes). Finding the ropes, tiening in, checking belay, etc  Radpoint (rope climbing), without falling, a letter grade you have not been able to onsight climb in the last 5 years or ever.  Onsight Flash (rope climbing) without falling, a letter grade you have not been able to onsight climb in the last 5 years or ever.  Run, Bike, Climb, Swim, Take a Fitness Class, Lift Weights, plus one more outdoor activity IAD  Complete an organized human powered race.  Bike 20 miles, IAD.  XC or BC ski 20 miles or more.  Climb 2020 feet outside, IAMo  Limb and the lead by a partner, blindfolde    |
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| 3  | 84   | Attended by Objection of ATV IAIV   |
|--|--|---|
|  | 85   | Mountain bike 20+ miles on trails NTY, IAW  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<br>89   | XC or BC 200 miles or more IAMo   |
|  | 90   | Travel to a country you have never been before.  Shoot a bow and arrow 20 times.  |
|  | 91   | Complete 2020 Human Powered Miles (can be combined, i.e. walking, biking, XC skiing, swimming, etc)   |
| Die Grand in der G | 92   | Outdoor adventure with 20 people you have never adventured with before (can be done together or seperately)   |
|  | 93   | Complete 2020 Human Powered Miles (can be combined, i.e. walking, biking, XC skiing, swimming, etc)   |
| 5  | 94   | Acsend 2 peaks 10,100 ft or higher, with at least 2,020 ft human powered. Doesn't matter how long between ascents.  |
| 5  | 96   | 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.  Mountain bike 20+ miles on trails you have never been before. Minimum length on any one trail 5 miles. IAW  |
| š  | 197  | Take 20 steps along a straight line on the ground, then 20 backwards on the same line.  |
| ,  | 152  | Slide 200 ft. On: grass, glisade on snow, sand dune, playground slide, railing(s), other  |
| 3  | 153  | Climb five different grades, four times each IAH.   |
| 5  | 154  | Climb for 20 minutes without touching the ground.   |
| 5  | 155<br>156   | Climb 20 different 5.10s in an hour 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.  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 extens   |
|  | 184  | / Wonder Woman.   |
|  | 97   | Read 2 books (audio ok) IAMo  |
| <u> </u>   | 98   | Sit in a cold stream for 2 minutes.   |
| -  | 99   | Read 20 books (audio ok)  |
|  | 100  | Become a member of DHTChallenge.com  Meditate for 20 minutes.   |
| i  | 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.  Arrive 10 minutes early for every appointment, FAW.   |
|  | 107  | Speak in front of 2020 people or more.(all at once or IAY)  |
|  | 109  | Become proficient at an instument, NTY.   |
|  | 110  | Journal for 20 minutes a day for at least 20 days IAMo  |
|  | 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  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  |
| 3  | 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.  |
| e 1  | 400  |   |
| - Ja   | 120  | Attend a service of a religion or organization that is not your within your belief system or which you have not attended before.  Do 1 random act of kindness per day without telling anybody about it 20 days IAMo   |
|  | 121  | Do 1 random act of kindness oer day without telling anybody about it, 20 days IAMo  |
|  | 121<br>122   | Do 1 random act of kindness oer day without telling anybody about it, 20 days IAMo  Meditate 5 minutes every morning before breakfast and before looking at any digital device. FAMo  Learn how to say "Tlove you" and "Doing hard things makes you strong." in sign language. Make a video of you signing, post on DHTchallenge.cc   |
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| 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 alloted. 150 Complete 50 Challenges from the DHT 2020 annual list, IAD 151 Complete 100 challenges from the DHT 2020 annual list, IAD 151 Complete 100 challenges from the DHT 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. 165 Use the opposite hand for brushing your teeth 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 a can of food 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. 180 While dining/eating, hold utensits for eating in your non-dominant hand for a week. 181 Ride a bike to a place to eat. 182 While dining/eating, hold utensits 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.) 189 Memorize and recite to someone 220 words from a: book, lyric sheet, article, pamphilet, 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.  |
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| 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.   |
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| 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
FAD=For a day
KBs= Kettle Bells
FAW=For a week
NIAD = Nose In A Day
NTY= New To You
FAMI=For a minute
HR = Heart Rate
IAH = In Half an Hour
IAH = In Half an Hour
IAD = In A Day
IAW = In A Week
IAR = In A Row

Check out DHTChallenge

Check out DHTChallenge on: Instagram, FB, and Twitter