

# 30 Day Banter / wind-up challenge Challenge

A cheeky one for the group chat, a daily excuse to rib your mates and have a laugh.

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|-------------------------------------------------------------------------------|----------------------------------------------------------------------------|----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|
| <b>DAY 1</b> <input type="checkbox"/><br>Put off something important          | <b>DAY 2</b> <input type="checkbox"/><br>Don't clean your bathroom         | <b>DAY 3</b> <input type="checkbox"/><br>Feel socially awkward                         | <b>DAY 4</b> <input type="checkbox"/><br>Waste time on the internet                       | <b>DAY 5</b> <input type="checkbox"/><br>Draw a picture of an invisible werewolf |
| <b>DAY 6</b> <input type="checkbox"/><br>Lie in bed for a while               | <b>DAY 7</b> <input type="checkbox"/><br>Doubt yourself                    | <b>DAY 8</b> <input type="checkbox"/><br>Waste time on the internet                    | <b>DAY 9</b> <input type="checkbox"/><br>Eat a food                                       | <b>DAY 10</b> <input type="checkbox"/><br>Wear some clothes                      |
| <b>DAY 11</b> <input type="checkbox"/><br>Complain about something or someone | <b>DAY 12</b> <input type="checkbox"/><br>Waste time on the internet       | <b>DAY 13</b> <input type="checkbox"/><br>Do absolutely nothing productive for an hour | <b>DAY 14</b> <input type="checkbox"/><br>Go for a long walk... to the couch              | <b>DAY 15</b> <input type="checkbox"/><br>Waste time on the internet             |
| <b>DAY 16</b> <input type="checkbox"/><br>Look at pictures of cats online     | <b>DAY 17</b> <input type="checkbox"/><br>Skip a social event to stay home | <b>DAY 18</b> <input type="checkbox"/><br>Sit on something                             | <b>DAY 19</b> <input type="checkbox"/><br>Make a list of things to do, then don't do them | <b>DAY 20</b> <input type="checkbox"/><br>Waste time on the internet             |
| <b>DAY 21</b> <input type="checkbox"/><br>Think about how awesome tacos are   | <b>DAY 22</b> <input type="checkbox"/><br>Read a word                      | <b>DAY 23</b> <input type="checkbox"/><br>Use a bathroom (any bathroom!)               | <b>DAY 24</b> <input type="checkbox"/><br>Waste time on the internet                      | <b>DAY 25</b> <input type="checkbox"/><br>Feel sleepy                            |
| <b>DAY 26</b> <input type="checkbox"/><br>Eat too many crisps                 | <b>DAY 27</b> <input type="checkbox"/><br>Waste time on the internet       | <b>DAY 28</b> <input type="checkbox"/><br>Be jealous of someone                        | <b>DAY 29</b> <input type="checkbox"/><br>Breathe some air                                | <b>DAY 30</b> <input type="checkbox"/><br>Waste time on the internet             |

Started on: \_\_\_\_\_ Tick off each day as you go . more free challenges at [arloriverrex.com/30-day-challenges](http://arloriverrex.com/30-day-challenges)