

2025 DHT Challenge List

- 1 Be still, exhale for a count of 6, inhale for a count of 7, repeat 3 times IAR. Then, thank someone for something.
- 2 2/25/25 You DID register at the Google Sheet, <https://tinyurl.com/2025registrationDHT>
- 3 Invite 5 people to join The DHT Challenge Community
- 4 Tell us you are in our community. - Post to the DHT FB Group, instagram account, email us, or post on DHT website Forum. BYE
- 5 During 5 days in a week, (in 7 consecutive days), do something for 5 minutes that you've never done before.
- 6 Create a challenge to do with the number 6. Write it down in the column to the right. -And attempt it. (not necessary to complete it)
- 7 Write down seven people that are "in your life." Write down seven things about each that you enjoy.
- 8 YOU write in a mental challenge of your choice and complete it.(If you fail you can try this one until you get it.)
- 9 Love potion #9. Express to nine people that you love them.
- 10 "Perfect Ten!" YOU write in a challenge that takes more than ten minutes and less than ten hours, and complete it.
- 11 Walk, climb, bike, paddleboard, or any other method of human-powered transportation further than you did last year.
- 12 Choose a movement or exercise to do 2025 times BYE... and do it.
- 13 YOU create an outside challenge involving the number 25, and complete it.
- 14 YOU create a challenge, complete it, and keep it a secret.
- 15 Hold a plank for 25 seconds, and stand on each foot for 25 seconds.
- 16 Bear crawl 25 ft moving sideways to the left, to the right, backwards, forwards.
- 17 Do 25 squats, 25 jumping jacks, 25 push-ups, 25 pull-ups, and 25 sit-ups IAH.
- 18 Write down something good that happened every day for 25 days, BYE.
- 19 Leave an encouraging message 5 places somewhere in the physical world, (not the internet).
- 20 Hold a side plank on each side for 25 seconds, and hold a tree pose for 25 seconds on each leg.
- 21 Tell the five people in the service sector, this: "I appreciate you."
- 22 Complete 25 Journal entries, at least 25 words per entry, 25 different days. BYE
- 23 Jump rope 2.5 minutes or more for 25 days IAR
- 24 Rock climb somewhere outside you haven't climbed before. NTY
- 25 Climb 2500 vertical feet, IAW.
- 26 Climb 2025 Meters BYE.
- 27 Rock climb 25 different routes IAW (indoor or outdoor)
- 28 Climb/boulder/etc with someone you've never climbed/bouldered with before.
- 29 Climb a multi-pitch route.
- 30 Climb a route or pitch with your eyes closed.
- 31 Climb up three different routes in under 25 minutes.
- 32 Climb up in 25 different trees, at least until your feet are higher than your head height.
- 33 Climb a route that is rated harder than the hardest route you climbed in the past five years.
- 34 Boulder all the problems of one color in the gym in one visit. (Ok to "cheat" on some, WEIHFY)
- 35 Boulder 25 different problems IAD.
- 36 Complete 25 unique boulder problems 3 times each, IAD.
- 37 Complete a boulder problem harder than the hardest one you've done in the last five years.
- 38 Do a 25 foot traverse, or longer, on a man made structure. "bouldering" without touching down. NTY
- 39 Do a 25 foot traverse on a natural wall/boulder, dirt/ice embankment, etc. without touching down. NTY
- 40 Boulder outdoors somewhere you have not been before. NTY
- 41 Bike 25 miles or more IAD.
- 42 Mountain bike 25+ miles on trails NTY, IAW.
- 43 Do some maintenance on your bike.
- 44 Get someone else to go on a bike ride who has not been on a bike for more than 6 months.
- 45 Bike 50 or more miles IAD.
- 46 Mountain bike 2.5 miles or more on a trail or dirt, NTY, IAD.
- 47 Do a cold plunge/cold shower/etc for 2 minutes and 50 seconds.
- 48 Go 25 days IAY no phone.
- 49 Share a story of at least 250 words on/of something that you did when you were 25 years old. If under 25 write Hans for a challenge.
- 50 Do 2.5 hours of work for your community (volunteering, shoveling sidewalks, helping your neighbor, etc.)
- 51 Make a list of 25 things in your life you are grateful for.
- 52 Tell 25 jokes in public,(two or more people). BYE
- 53 Have someone else pick an object. Pick up that object from the floor 5 different ways without using your hands.
- 54 Visit 25 different parks IAY (can be state parks, national parks, city parks, kid's neighborhood park, etc.)
- 55 Learn, and play, two NTY games.
- 56 Throw and retrieve/catch a yo-yo 25 times.
- 57 Plant something.
- 58 Try a sport NTY for at least 25 minutes.
- 59 Start a conversation with five strangers.
- 60 Eat FAW with chopsticks.
- 61 Learn 25 NTY english words.
- 62 Hold your breath 50 seconds, while thinking of 5 things you appreciate.
- 63 Meditate 5 minutes every morning before breakfast and before looking at any digital device. FAMo (use of timer is acceptable)
- 64 Write advice to yourself that is 250 words long or longer. Open it 25 days or more later. (Better do this before December 6th)
- 65 Complete 25 Air Squats, IAmI
- 66 Complete 25 Box Jumps at 25% your height or more, in two minutes or less.
- 67 Complete 10 Box Jumps at 10% your height or more, in one minute or less.
- 68 Complete 5 reps of 4 different push-ups, IAmI.
- 69 Look up what happened on your birthday in 1925.
- 70 VOTE in a local election and/or in a national election.
- 71 Give a food item to someone that is asking for help.
- 72 Find 25 Geo Caches. This can be helpful: <https://www.geocaching.com/play>
- 73 Learn to tie two, new to you, knots.
- 74 Read at least 250 words about a religion you do not know very much of, and/or disagree with it's principles.
- 75 Write a personal mission statement, in less than 250 characters. (NOT the one you used for 2024)
- 76 Go to a neighborhood NTY and walk past 25 homes NTY.
- 77 Hide something somewhere. Write a note to find it, hide the note. Give someone directions to go retrieve the note.
- 78 Remove a monthly subscription you have had for over 5 months. Keep it removed for at least 5 months.
- 79 Send 25 people the following text IAD. "I am thinking of you and hoping there is joy in your world."
- 80 Sleep with your head where your feet normally go, for a night.
- 81 Complete 250 Air Squats every day, FAW.
- 82 Complete 25 Burpees, IAR.
- 83 Do 25 consecutive jump ropes, both feet together, and alternating, (50 total), IAR.
- 84 Walk a sidewalk and avoid 25 cracks. Walk a sidewalk and step on 25 cracks. (crack = lines, gaps, etc.)
- 85 Complete 25 reps of 25 different core exercises, twice, IAH.
- 86 Give someone else a 25 minute massage or assisted stretching.
- 87 Complete any two challenges with one other person on the Google tally sheet, in person.
- 88 Hold 25 Yoga Poses for 25 seconds, or more, each.
- 89 Complete 2025 meters on a rowing machine, IAHH. NOT to be used towards #125
- 90 Throw and catch with non dominant hand 25 times, while standing on your left leg, then with right.
- 91 Walk 2.5 KMs backwards, IAH.
- 92 Bowl a 90 or higher.
- 93 Five times in the morning, go to mirror and say: "Today might be hard, joyful, challenging, whatever. I got this."
- 94 Walk and hang around barefoot for 2 hours and 50 minutes or more, outside.
- 95 Hold breath underwater for 25 seconds or more.
- 96 Stack 25 stones and "erect" or stack 25 sticks.
- 97 Split 25 pieces of wood, OR do a handstand for 25 seconds five times.
- 98 Jump 25 times on a trampoline
- 99 Deadlift your body weight 25 times, AND increase by 15% the amount of your current bench press one rep max.
- 100 Lay on the ground, grass, sand, (no barrier), stand up put your hands over your head. Repeat 25 times
- 101 Hang from only your hands FAMI.
- 102 Hang, "locked off," with chin above the bar, (or other grip/hold), for 50 seconds.
- 103 Pick up one 13 gallon bag of trash.
- 104 Sit still for two minutes and 25 seconds. (breathing acceptable.)
- 105 Wave to 25 people you don't know and smile, IAD.
- 106 Leave your phone off and "away from you" 50 hours.
- 107 Hit a bullseye 5 times or more. (Dart, arrow, hatchet, axe, bullette, Tomohawk, spear, or similar)

108 Take a "fitness class" every day FAW. (Yoga, Cycling, Zumba, Crossfit, Pilates, etc..online qualifies)
109 Crab crawl forward 25ft, backward, sideways left and right.
110 Do 25 cartwheels, or kick your feet above your waist while hands on ground.
111 Read 2025 pages NTY. Pages can be from magazines, newspapers, brochures, books, or similar.
112 Lift 202,500 lbs IAD.
113 Complete 25 sudoku and/or crossword puzzles.
114 Complete/burn 250 calories on 4 different machines,(1000 total calories), in 2 hours and 50 minutes.
115 Go out for 25 minutes on a SUP, Kayak, Canoe, Row Boat, Surf Board, kite board, foil board, or similar.
116 Participate in some form of physical movement with 25 or more people .BYE.
117 Find 25 new people to adventure with (climbing, biking, running, etc), and... do so.
118 Pick up 2025 pieces of trash, litter, garbage, etc...BYE.
119 Complete 2025 push-ups, BYE, WEIHFY
120 Complete 2025 Kettle Bell Swings, BYE, WEIHFY
121 Complete 2025 jumping-jacks, IAW
122 Complete 2025 body weight squats, BYE.
123 Complete 2025 lunges on each leg, BYE.
124 Complete 20,250 Core reps BYE. (That is not a typo, Core exercises are great!)
125 Complete 20,250 meters on a rower, BYE.
126 Burn 2025 activity calories doing whatever you want, measuring with anything. IAD
127 Run, Bike, Climb, Swim, Lift Weights, call a friend, write a handwritten note, & send it IAD.
128 Complete 25 Challenges from the DHT 2025 annual list, IAD
129 High Five 250 people BYE
130 List 1 thing that went right/well in your day for 25 days IAR.
131 Hop on left foot 25 ft, pick up 25 coins, hop back. Repeat on right foot.
132 Complete 25 sun salutations IAR. Then do 25 minutes of stretching.
133 Swim 250 meters. IAS
134 Swim in 25 different bodies of water (they don't need to be NTY or natural, but do need to be separate)
135 Swim 25 meters four times or more with 2 strokes other than freestyle.
136 Get in water and move around underwater for as long as you can with one breath.
137 Text five people the following: " You inspire me to do challenging things. Thanks. "
138 Swim 2025 meters. IAD
139 Swim somewhere NTY (not a pool)
140 Lead and be lead by a partner, blindfolded, on a trail NTY for 25 minutes each.
141 Play on a kids playground structure for 25 minutes or more. Slide, swing, climb, jump, balance, bob, see/saw, etc...
142 Reduce your social media usage by 75% for a month. Ask us if you need help finding that metric.
143 Support a friend on an event, project, etc that's meaningful to them.
144 Complete 25 days IAR no alcohol, coffee, soda with sugar, or any recreational drugs. WEIHFY
145 Collect 250 names from folks that you interact with. (grocery clerk, barista, airline steward, caddy, person in line. etc.)
146 Go barefoot for 2.5 days, IAR.
147 Try a diet you have never tried before for 3 days.
148 Purchase a type of food and drink you have never had before and consume it.
149 Fast for 36 hours. (drink water)
150 Call 6 people and just say that you appreciate that they are in your life. (let conversation go from there.)
151 Give away 25 of your things to 25 individuals.
152 Meditate for 25 minutes, for at least 25 days.
153 Apply for a job/position that you think would be super awesome to do/have. Shoot for the moon. Why Not?
154 Be selfish, say no to 25 requests that you don't like. Or be "Dutch" and be truthful about your wants or likes and dislikes. - 25 times.
155 Ask 25 people a way you can make their lives wonderful BYE.
156 Teach 3 people, separately, something new.
157 Outdoor adventure with 3 NTY people, (can be done together or separately) BYE.
158 Give a presentation (live or online).
159 Participate in a competition or event of any kind. As a competitor, performer, referee, volunteer, ticket taker, judge, volunteer, or other role.
160 Make something you've never made before.
161 Live for 50 hours off the internet.
162 Leave your phone off and not physically where you are at for 48 hours or more.
163 Exercise while watching 25+ minutes of a show/movie/etc., five different times.
164 Lookup 3 events in history that happened on the 25th of the month. Share with others.
165 Do something blindfolded for 2 minutes and 50 seconds (that you would normally need to see for)
166 Read at least 250 words about a living person who is from a different place in the community than you.
167 Send 5 hand written cards, notes, letters, etc... Include a drawing of something in each one. BYE.
168 Write 2,500 words IAW.
169 Farmer's Carry 25 Lb in each hand, 25 ft. or WEIHFY.
170 Write a Haiku, poem or lyric about doing something that does not conform to the mainstream ethos.
171 Create a domino effect with at least 25 objects. Use at least 5 different type objects.
172 Carry all your own garbage for a day (waking to sleeping)
173 Donate \$25 or more to [DHTChallenge](#) or become a [DHT patron](#).
174 Massage your own feet for 25 minutes or more.
175 Do a handstand in five places where it's not normal for people to do handstands.
176 Volunteer at least 2.5 hours somewhere.
177 Read 2.5 books, NTY. BYE
178 Ask 25 people to tell you a CHALLENGE they faced in their life. (and listen to their story)
179 Invert yourself somehow for 25 seconds. (handstand, head/elbow stand, hang from ankles/knees, etc...)
180 Text five people that you haven't communicated to in over five weeks, and write "What's going great for you?"
181 Practice something you want to learn for at least 25 minutes, 25 different days.
182 Recommend a fiction and a non-fiction book to others. (via Social Media or other means)
183 Make and consume a meal of foods grown/raised/produced within 25 miles of your location.
184 Do a challenge from the 2024 challenge list that you did not complete. <https://tinyurl.com/2024DHTLISTPDF>
185 Play and complete 5 board or card games.
186 Ask a person 70 year or older to describe a "milestone event," that occurred before you were an adult.
187 Complete 25 days of Yoga with in a single month. At least 25 minutes for each session.
188 Catch 25 grapes or similar in your mouth.
189 Go on 5 errands with a bike, walking, skating, or scooter.
190 Pass a ball around your body, around each leg in figure eight pattern, bounce off a wall, and tribble 25 times.
191 Go through a hopstoch course 25 times each way.
192 Ask Someone that has known you since you were 28 or younger, to share something they witnessed about you, you wouldn't remember.
193 Memorize the order of 25 cards deep into any shuffled deck of cards.
194 EMAIL DHTChallenge@gmail.com with a picture of a snake. Ask for the next step to complete #194
195 Jump rope whilst walking/jumping/skipping for 400 meters continuously somewhere.
196 Complete/enjoy 25 mins of forest bathing.
197 Get a certification, license, accreditation, etc...
198 Directly contact three people in the DHT Challenge community and congratulate them on a challenge they completed.
199 Complete 25 unbroken push-ups. (from feet or knees, WEIHFY)
200 Offer and give 3 hours of babysitting FREE to someone you know that has kid(s). If you are not qualified, then wash their vehicle.
201 Take a picture of a goat. If you can't find a goat in your life, ask a friend to send you one. Post the picture somewhere.
202 Cook for someone else that you have never cooked for before.
203 Look up a country you have not been to and post 250 words or more about it, along with a picture from/of the country.
204 Snap picture of a sunrise AND sunset and post.
205 Complete a mile in 9 minutes or less.
206 Spend 2 minutes and 50 seconds, or more, tidying up your office desk, traveling back pack, or vehicle knick knock storage areas.
207 Drink a 10 oz vessel of good water in under 5 minutes, instead of a binge snack, or before a large meal.
208 Text your name with an image of yourself in or near a body of water to: (844) 340-9001 (allow us to post it)
209 Take 25 pictures of different things that make you happy and share with someone.
210 Stick a DHT sticker in a legal, appropriate place and post a picture on Insta or FB #DHTChallenge.