

NEDD'S UNCOMFORTABLE CHALLENGE



CHALLENGE EXAMPLES

Your challenge can be...



PHYSICAL OR **PERSONAL**



10% of what
Nedds is doing
each day

The 10%er
(16kms per day)

Ham class

100km
ride

The 10er
(Live on \$10 per day)

The rawdog
(no entertainment)

Ice baths

The Book Worm
(100 pages per day)

The Foot Falcon
(No transport for 10 days)

Go cold
(for everything)

↳ showers
↳ food
↳ no heater

Half mara
per day

The No Goes
(Give up something for 10 days)



MAKE IT UNCOMFORTABLE

Own your
moment
in time.

WWW.NEDDSUNCOMFORTABLECHALLENGE.COM/CHOOSING-YOUR-CHALLENGE