

MyTikiChallenge

2021

NAME		LOCATION	CHALLENGE
Sammi	Allan	Boness	Run a 10k by the end of April 2021
anna	akehurst	Eastbourne	Run or walk minimum of 2miles everyday in march
Bex	Allan	Perth	45 second plank a day for 2 months and see how much I can improve
Jen	Allan-Mackenzie	Glasgow	Complete the 6 week Sweat Challenge on the Sweat App
Emily	Allsopp	Stockport	I have struggled to get back into running since November so my challenge is to complete 10 runs.
Amanda	Anderson	Turriff	Run 100 miles in February
Lorraine	Atkinson	Beverley	To complete caroline girvans epic 1 programme
Jenny	Atkinson	Highworth	To run 5km outside not on the treadmill.
Fiona	Attwater	Eastbourne	I aim to cut sugar and caffeine out of my diet by the end of march. I will keep a diary to keep track.
Kate	Baber	Weston super mare	To do a form of exercise four times a week, either online classes or going for a walk/run through out February
Laura	Bannister	Dunfermline	I am going to run at least two Half Marathons before the end of March 2021
Trisca	Bannister	Shorne	Complete 5k in 35 minutes or less - road or treadmill Complete C10K- road or treadmill
Emily	Barry	Bargoed	30 minutes or more of activity everyday for February and March
Alexandra	Battiste	Huddersfield	To run 150km in March
Nikki	Beck	Burntwood	I will walk 150 miles between 10/01/21 - 10/04/21.
Gemma	Beckwith	Saffron Walden	Bounce everyday in January
Catherine	Beer	Windsor	To have completed 2500 band squats by the end of April
Emma	Bell	Bracknell	Complete Red January and then build habits of running twice a week

Sarah	Bennett	Epsom	Keep up my January habits into February - daily exercise - e.g walk / run / yoga / online class each day
Nyree	Bennett	Glasgow	I have until April to get myself back to fighting weight of 67kg and back to full fitness, I have a Marathon to run lol! Fighting back after a horrible dose of the Rona and I will win!
Verity	Berrow		Complete 31 consecutive days of Spartan workouts!
Lynn	Blackett	shotton colliery	run twice a week walk walk twice a week until the end of february
Karen	Blake	HORNCHURCH	Finish les Mills 6 week fast burner challenge
Yvette	Blaney	Gateshead	30 seconds of squats , 30 secs plank abs 30 sit ups
Magdalena	Blazejczyk	Glasgow	I will run full marathon! It is my goal for this challenge. 2020 was not the best but 2021 will be mine again and I will be fit again! 2021 bring it on!
Kathryn	Braithwaite	Penrith	Red February Run every day minimum 1 mile a day
Doreen	Brookes	Norwich	I walked the 300 miles but only managed to lose 6lbs and not the 12 originally aimed for.
Kirsty	Broughton	Harworth	My pole classes have been put online. I pledge to do as many as I can.
Kristy	Brown	England	Lose my Stanley Stone by swimming (and gymming)
Gill	Brown	Brechin	To complete the 6 week sweat challenge from the app, started Monday 11th Jan
Natasha	Brown	Gosport	To maintain my streak of zoom/gym/pt classes until the end of February (and hopefully will continue to do so!)
Sarah	Bullock	MANCHESTER	To do 3 x BodyPump sessions every week until the end of February.
Helen	Burnham	Hull	To run 10 miles by the end of April 2021.
sharon	burrows	Heathfield	To be able to run 5k without walking
Bec	Campion	St Ives	To be active at least twice a week throughout the next four weeks
Pauline	Capon	Crawley	Walk and cycle 200km by end of April, lose 1 stone, buy less Tikis (ha ha!)
Lisa	Cartwright	London	Complete Virtual Royal Parks Half Marathon
Helen	Childs	Telford	Walking and running 100 miles
Beki	Christian	Yateley	I am going to complete 30 days of yoga/stretches with the intention of being able to put my palms on the floor in a forward stretch. Currently can reach ankles at a push!!
Juliette	Church	Swindon	Complete 300,000 steps in 30 days

Lou	Clark	March	With running everyday it was hard to think of a challenge but I think this is enough to challenge me 😊 I'm going to run 1000 miles by the 30th April x
Sarah	Clarke	Bracknell	Run 10 miles in one go whilst still smiling :-)
Clare	Cliffe	Hinckley	Run 100km each month
Luisa	Coates	Tamworth	To run 10K in one run
Samantha	Cohen	Tutbury	To (non)parkrun every week and finish my year of a half marathon every month (Jan & Feb still to go)
Andrea	Colby	King's Lynn	To complete a minimum of 31 minutes of movement or exercise daily for the 31 days in January. This can include walking or any kind of exercise like clubbercise or hoola hooping etc...
Natalie	Conway	Hucknall	Loose 21lb by the end of April
Melanie	Cook	March	Currently doing 30 day yoga challenge alongside RED January, the challenge is not only to complete but to continue the daily yoga into February. 🙏🧘♀️
Heather	Cooper	Warminster	Run 100k for Jan as well as 5 hits a week
Kate	Cornwell	Helston	To run my first ever 5km and in less than 30 mins
Cheryl	Corran	Holywell	Run a minimum of four times per week plus two classes on youtube during lockdown then at gym plus two evening walks from now until end of april. I
Charlotte	Corsham	Braintree	To complete one run every Saturday from 16th January until the end of March, to help kickstart C25K and lose weight
Fiona	Cortese	Newcastle-under-Lyme	For 30 days, starting on 18.01.21, I aim to complete 10 minutes of mindfulness each day. This could be meditation, yoga, colouring, focusing on breathing is simply listing things I'm grateful for. It's
Steph	Costich	Preston	Run a sub 40 minute 5km
Genevieve	Cousens	Norwich	Walk 10k steps a day
Stephanie	Coysh	Farnborough	To complete 2 runs per week as well as my usual exercise combing Clubbercise & Joe Wicks for 2 months.
Natalie	Cranfield	Gloucester	Run 4 miles every 4 hours to celebrate run day 400 on 1st February!
Sarah	Crittle	Devizes	To complete my first Ultra distance 🙌 for Run to the Sea happening
Jeanette	Crutchley	Lytham Saint Annes	Walk/jog 50 miles during the month of February
Ashlie	Cullen	Edinburgh	Get my invert on the pole
Cheryl	Currant	Dunstable	Complete 3 strength sessions a week
Emma	Curry	Newcastle upon Tyne	Run 10km

Rhiannon	Dafydd	Mold	I am going to run 100km in one month
Carolyn	Daly	Holbeach hurn	Complete couch to 5 k by the end of March 2021.
Suzanne	Danter	Solihull	To walk 200 miles by end of February.
Susanna	Davies	Hertfordshire	Didn't complete by end of feb due to a two week injury. completed Now on the 15th March.
Rebecca	Davies	Gosport	To walk at least 10,000 steps everyday of February
Jenni	de Burgh	Horsham	Walk 13000 steps everyday in February
Sam	Dearden	Leeds	3 challenges per week over 6 weeks to the end of February
Eleanor	Deslow	Sawbridgeworth	To walk a minimum of 20mins a day from 1st Feb in a bid to stay mentally strong, lose the baby weight and get ready to return to running and high intensity workouts.
Carly	Dilkes	Bournemouth	I want to run 100 miles by the end of March 2021
Sarah	Dolphin	Calne	Run a 50km ultra marathon by the end of April 2021
Jade	Dyer	Derby	Run a mile a day in March
Trish	Earlam	Nr Chester	Working out every day feb-march by cycle/dance and or walk for 30 mins.
Debbie	Edwards	Ruislip	30 mins of hoop exercises every day
EMMA	ENDEAN	Colchester	I am going to do a minimum of 180,000 steps that week,by way of dancing,walking and running. That will also include a minimum of two dance/exercise classes that week .
Leila	Ennis	Cotgrave	I have downloaded a 30 day plank challenge app which increases the plank time each day.
Hannah	Escott	Bracknell	I go for long walks in my tikiboos evey day when I can
Raquel	Esparza	Fleet	Run 10k - I've never been a runner but this year I've decided I'd like to be able to run 10k so following C210k programme.
Sophie	Evans	Chorley	Exercise video every day in February
Ashley	Evans	Wallsend	Complete at least 10,000 steps a day by whatever means in Feb then do something active every day in march
zoe	eves	Aylesbury	10 handstand negatives every day during feb
Keeley	Fallanche	Chelmsford	I challenge myself to bounce every week day in February (even on my birthday)!
Debbie	Farey	Newport Pagnell	My challenge is to run a marathon, it'll be over quite a few sessions though!

Jessica	Farrar	Normanton	To do at least 5000 steps a day throughout February 😊
Yvonne	Faulkner	Nuneaton	Lose half a stone from whatever weight I am on February 1st. Doing the 2800 squat challenge for Teenage Cancer Trust. <u>Due to injury, this may not be possible but I will do some form of</u>
Tasmin	Felstead	Torquay	To run a minimum of 75 miles a month every month
Kirstie	Fenwick	Berwick-upon-Tweed	Run a half marathon before my birthday 31st march
hayley	Fey	Bristol	Run 20km in February
Katy	Fillery	Thatcham	To get a new squat PB
Tracy	Fitzgerald	Hull	To run the furthest distance I have ran in the last 12 months - so anything over 18 miles.
Nicola	Flint	Grantham	I am going to exercise 5 days per week for 3 months (Jan to Mar). I will do this by either cycling, running, aerobics or walking.
Janet	Flynn	Widnes	To run 50 kilometers from 1st Feb - 28th Feb.
Graham	Foster	Scunthorpe	500,000 steps in a month
Rebecca	Fouracre	Cardiff	To cycle 300km
Lisa	Fuller	Slough	To run a sub 30 minute 5km
Julie	Garrard	Kings Lynn	To complete at least 5 activities per week. Run/HIIT for at least 1 month.
Stephanie	Gibson	London	50 30-minute cardio sessions (or a 5-mile walk) between 29 Jan and 30 April.
Fiona	Gilbert	Chelmsford	Working out 5 days a week for 30 days and walking 62500k steps in 30 days using one of the challenges on FitBit.
Sharon	Goldie	Dumbarton	I have set myself the challenge of RED January. This means that I need to do at least 30 minutes of exercise every day for January. A combination of walk/run/cycle/Callanetics.
Evelyn	Goss	Kent	Walk a mile a day in February x
Claire	Graham	CHATHAM	Train properly for and run a half marathon
Helen	Grahame	Brighton	Run/walk everyday in February
David	Grant	Nuneaton	Using my tiki challenge to get back focused so no alcohol for February also 100 miles to run
Sara	Grattan	CORNWALL	To Jeff 10km in a single activity in Feb, March and April (already did Jan!)
Helen	Green	Shrewsbury	To work towards a half marathon goal see how far I can achieve before April with the hope to continue to a half marathon after

Sarah	Green	Swindon	Walk along the Ridgeway from Barbury Castle to West Kenner LongBarrow
Sarah	Gregory	Southampton	Does as it says on the tin - I want to run 10 miles in one go by Eastsr Sunday. Just got back into running after post partum and looking to <u>get at least half marathon fit by the summer!</u>
Mya	Griffith	Milton Keynes	Walk or run 10,000 steps for 30 days
Win	Hall	Dover	I will workout 3 times a week in the month of February; to help lose weight.
Jo	Hall	Warrington	Run 20km on my journey to a half marathon
Jeanine	Hall	Sheffield	To run 300k by end of April
Dana	Hancock	Derby	"I last ran around 7 years ago doing interval running and stopped when i injured my ankle and then had kiddies. My friend asked me to <u>do the race for life this year and I decided i wasnt going to walk it.</u>
Sarah	Harper	Leeds	Run 60 Km over 3 month
Louisa	Harpham-Sou	Manchester	3 online classes a week for a month
Susan	Harrison	Barrow in Furness	From 1 Feb to 30 Apr 2021 will do 890000 steps and aim to lose weight.
Katie	Hart	Newbury	It's been nearly a year since I last ran 10km in one go. My challenge is to get back to that distance by the April 🙌🙌
Clare	Hartland-Brown	Old Windsor, Windsor	2-3 exercise classes per week in March/April
Laura	Hartley	Bicester	Jan - April to lose 3 stone, already lost 1 stone.
Janice	Hawkins	Lockerbie	I will run/walk for 100 miles in February
Zoe	Heath	Leics	Run and/or walk 50 miles in February.
Gina	Heyn	FELTHAM	Run a half marathon to raise money for a charity of my choice
Patricia	Hill	Tir-y-Berth, Hengoed	I need a challenge to keep me going.
Laura	Hill	Wigan	48 miles in February for my best friend who we're all hoping can keep fighting and make it to her 48th birthday that month
Lynn	Hill	Bedford	Get back to running a half marathon distance after loosing fitness due to fractured arm, and leg injury.
Tarryn	Hiller	Ormskirk	Complete RED January ❤️
Sharalee	Hoareau	Lisburn	Will do 30 mins PT every day Family walks with furbabies daily Get on a bike again & cycle few times a week Doing zoom sessions with my rugby team Lady ducks 🦆🦆🦆🦆
Nikki	Hobbs	Plymouth	I will run a half marathon 13.1 miles

Claire	Holden	Eastbourne	To complete 10 open water swims.
Chloe	Hollingworth	Maastricht	To complete caroline girvans epic 1
Kim	Holloway	Portsmouth	Stretch session 3 times a week for 20 minutes for 4 weeks
Kim	Holmes	Coton in the elms	I will do a form of yoga or mobility every day for 30 days
Emily	Houghton	Romford	If gyms reopen (currently closed in the UK) I'd like to swim 20km in February. I want to run 100km this year. I have only recently started running due to swimming pools closing. I feel this would be a real
Linda	Howard	Henfield	To complete a minimum of Two Zumba and one other 45 minute exercise class Every Week from 4th January 2021 to 31st March 2021
Edwina	Hubbard	Nottingham	To run/walk 250 miles in February
Paula	Hughes	Worcester	A 30 minute run at least once a week for 9 weeks, to keep up fitness after completing C25k.
Sarah	Hulin	Salisbury	Lose weight and be fitter at 50. Complete 4 week online workout & continue until I can run a minimum of 5km.
Jessica	Hummerston	Buckinghamshire	Starting on 1st February I challenge myself to run 70km by March 31st. I also challenge myself to do 15 HSPU per week to encourage myself to train them more regularly.
Caroline	Humphrey	West Drayton	Run 450 miles in total by end of April
Hazel	Hunter	Huntingdon	I am challenging myself to learn to ride a bike! Not been on one since I was about 13 (am now 45!)and I am very apprehensive about it but I really want to learn.
Katherine	Hutchinson	COVENTRY	Run 1 mile every morninf before school and 2_3 at the weekend
Jordan	Hutchinson	COVENTRY	to run the distance of3 marathons before easter. (note jordan is 10 years old) and is doing a mile before school every day for this challenge alongside raising money.
Carla	Ibbott	Peacehaven	I've not done body pump before but my aims are to 1) start and 2) to do two body pump sessions a week throughout February.
Skyla	Ibbott	Peacehaven	Skyla (6 years old) to run 2km every weekend throughout February whilst wearing her tikiboo leggings
Nicola	Iley	Durham	100 miles by April 30th
Emma	Ives	Stanford-le-Hope	I aim to walk 25miles in 7 days
Anna	James	Dudley	Walk at least 50,000 per week on average for a month
Samantha	Jarman	Colchester	50 squats every day in February 2021
Emma	Jarman	Portsmouth	I will take part in at least 3 Clubbercise classes a week for the whole of February.
Claire	Jeary	Dereham	I would like to complete a 10K Run

Shelley	Jessop	Grays	Be able to do at least 10 push ups on my toes by the end of the challenge by doing at least 30 a day during the challenge.
Elisha	Jobbins	Milton Keynes	10,000 steps a day for 30 days
Deborah	Johnson	Norwich	Complete RED January!
Paula	Johnston	Telford	Run/walk everyday in February
Jane	Jordan	Doncaster	Get my butt back out there and get another 50 miles walked
Dawn	Jordan	Chippenham	I will undertake at least 1 activity per day until the end of March. This may include a fun, walk, hula hoop, exercise bike, rowing machine or boogie bounce session. All to be done in Tikis!
Sarah	JOYCE	Chelmsford	I'd like to run at least 50km by the end of March over a series of runs.
Samira	Kabbani	Elgin	Walk 10000 steps every day in February
Stephen	Kay	Lytham st annes	10k road run
Maria	Keen	Faversham	Get out and run at least 3 times every week
Lucy	Kemp	Southampton	Ride 300mi on my indoor bike by my birthday on 21st March. (from 1st Jan - 21st March)
Zoe	King	Quedgeley, Gloucester	Walk a total of 70k steps in a week consistently for a month
Barbara	King	Lutterworth	Commit to walk 100 kilometres during February
Stacy	King	Leicester	Commit to running at least a mile every day in February
Lucinda	Kingston	Fernhurst	Close all three rings on my Apple Watch for the month of February
April	Kiss	Egham	20 cold water plunges cos I'm a cunt.
Pip	Kortright	Gloucester	To hula hoop for 30 minutes every day during the month of February.
Katharina	Kujala	Finland	My challenge will be to create more healthy habits. For the next 12 weeks, I will track my food, abstain from alcohol and do a meditation/breathing exercise for at least 5 days per week.
Kirsty	Lack	FAKENHAM	I want to do my longest run yet. Currently stands at 14 miles.
Emma	Laird	Eastleigh	Run or walk 50 miles during February
Racheal	Lane	Peterborough	My challenge is to complete at least 50 hours of exercise before April 30th. This will include walking and home classes such as clubbercise and pilates.
Sharron	Langham	Dunfermline	30 burpees everyday for a full month

Charlotte	Lanham	Fareham	I want to be able to run a 10mile distance before Easter!
Jayne	Lannen	Falkirk	Run a half-marathon by the end of January 2021
Michelle	Ledbury	Halesowen	10,000 steps every day of February
Sharon	Leigh	Great missenden	Run my first virtual half marathon
Karen	Liddell	Swindon	To exercise 3 times a week, no matter what!!!!
Elizabeth	Liversidge	Birmingham	Run and/or walk a combined distance of 220 miles by end of April
Clare	Lodge	Glos	My challenge is to do a P12. Run 1 mile (1.6k) on the hour, every hour, for 12 hours.
Michelle	Lyll	Ashford	To walk/run 50 miles a week for four consecutive weeks
Louise	MacBrayne	Oban	In the challenge last year my challenge was to run 25 km in one week. My challenge for 2021 is to run 30 km in one week
Melanie (laney)	MacCormack	London	10k
Mary Anne	Mackenzie	Glasgow	Complete the following every day for 6 consecutive weeks: 1 minute plank 50 burpees 50 sit ups
Kirsty	Maclean	Glasgow	Complete 30 days splits training
Gill	Manton	Wokingham	At least 100k a month
Janice	Matthews	East Horsley	Run a 1/2 marathon every month of 2021
Charlie	Mawhinney	BANGOR	30 day Brazilian butt challenge, gradually increasing lower body moves each day.
Lisa	McAllen	Kent	By the end of April I would like to have run 10k
VICTORIA	MCALPINE	Stirling	25k of walking or running completed in March over 20 days. Also 11 days of stretch work. I planned to do something every day but only managed stretch on the in between
Kerry	McClelland	Cowdenbeath	I will run or walk at least 10000 steps every day for a month (as per my Fitbit stats).
Leanne	McCully	Connahs Quay	To cycle 500 miles on my spin bike
Lynsey	McGreavey	Milton Bridge	My goal is to do 2 Clubbercise classes every week until the end of February. I want to improve my fitness and get back to feeling more fit
Lorna	McIlroy	York	100 workouts by the end of April
Joanne	McLeod	Warminster	Commit to activity everyday for 21 days!

Anna	McManus	Birmingham	To do at least 30 minutes body balance a week for 6 weeks
Sarah	Miles	Gosport	To run twice a week for at least 4 weeks
Sally	Mills	Cambs	Run on the treadmill everyday in February
Sacha	Moffatt	Watford	To run 10K without stopping
Laura	Moore	Gateshead	Do 100 squats a day in February
Shannene	Murphy	Rochford	To complete a 10K run by my birthday on the 27th April. Currently furthest I am running is just over 7K
Lisa	Murphy	Conon Bridge	Run 100 miles in February
Juliana	Musgrove	Telford	Improve FTP on Zwift currently 106 and record a 100km ride
Hannah	Mussett	Brentwood essex	I will work out every day in April whether it be my class or treadmill or walk I will workout everyday
Liz	Nailer	Northampton	To complete 60 walking/running miles
Clair	Nicholls	King's Lynn	Walk/run at least 1 mile everyday in february either outside or on the treadmill
Emily	Nichols	Downham Market	50 miles before the end of April
Debbie	Nicoll	Forfar	To be able to run 5 K, also getting better at hola
Liz	Noone	Buckinghamshire	Run 40km by end of April
Paula	Norman	Hounslow	My goal is to run for 90 minutes slowly and pain free by the end of January 2021!
Josephine	O'Brien	Donegal	Run 250 in 30 days
Jo	O'Brien-Passfield	Rainham	Complete my 30 day shred dvd that I bought and never attempted and not skip a day!
Sam	O'Brien	Biggleswade	Exercise everyday in February. Either HIIT class, a bike rider or a run of a minimum of 2 miles.
Azurah	Oliver	Devizes	I'm running my 2nd marathon in February and would like to complete it and trying for a PB too. Also planning to run 100 miles every month until June 2021
Roxanna	Oram	Bristol	To assist my 6yr to increase her running Aim for 1 mile and hopefully building up to 2 miles
Keira	Osborne	Peterborough	To do 20 hours of exercise before the 30th April. Will include walking, scootering, cycling and home workouts.
Susan	Palmer	Gateshead	To do 30 squats, 30 sit ups, 30 sec wall sit 30 sec plank... 30 times (hopefully consecutive days) before March 30th.

Nicola	Palmer	Gateshead	100 squats a day for all of February,
Emma	Palmer	Portsmouth	Continue RED January (regular exercise daily) throughout February and March using April for any missed days.
Wendy	Parkinson	Havant	I'm 8lbs to my goal weight but keep fluctuating. Need to set a goal to keep me on track.
Steph	Pashley	Normoss	To get into a regular running routine. I have now run under 10 minute mile.
Kelli	Payne	Swindon	To do a 15 mile walk. Our furthest walk so far is half marathon distance.
Vicky-Louise	Pearson	THIRSK	To walk 5k till my husband arrived home on 5th april
Angie	Pelling	Gt Yarmouth	Run 4 x half marathons by end of April
Felicity	Pepper	Market Drayton	I am going to run 100k during March in aid of the Breast Cancer Now challenge of the same name!
Wendy	Perks	Plymouth	Half marathon
Rachel	Peters	Norwich	Do four strength workouts a week during February
Tracy	Phelan	Faversham	In an effort to make sure I keep moving, I'm challenging myself to complete 1,500 miles on my exercise bike before the end of April 2021.....my arthritic knees won't
Sam	Phillips	Stromness	I'm going to aim and do an online meditation every day from now (15th January) until the end of February
Susan	Phillips	Ashford	I will do at least 2 yoga sessions a week for 6 weeks in addition to my running.
Katie	Poole	Orpington	30 days planking challenge getting progressively harder and longer with multiple different planks.
Natalee	Potter	Dover	To run a half marathon distance once a month for 3 months
Melissa	Potts	Redhill Surrey	Run 100 miles by April 11th
Claire	Powell	Dundee	Yoga 3 times a week (1hour) Pilates 1 times a week (30mins) Walking 1-2 times a week Also Jog once a week/twice a week
Mary	Pratt	Hull	Complete C25K Complete / contribute to a running or distance challenge every month for 3 months.
Sarah	Preater	Swindon	My tikichallenge will be to do T25 3 times a week, starting tomorrow 11/01/21 up until the end of February.
Alison	Price	Kent	Complete 20 online classes in a month
Samantha	Prowse	Doncaster	To workout out 31 times in January & 28 I February only started a few days ago best get my a into g.
Jan	Pryor	Brixham	I want to run/walk or cycle 200 miles by the end of March 2021

Paula	Quinn	Glasgow	Run 50 miles in January
Gillian	Quinney	Dunfermline	For each week in February I am going to do 3 strength sessions and 3 treadmill sessions (at least 2 miles each time, which is a challenge as I'm no runner 😊)
Claire	Quinney	Rosyth	3 sessions a week running on the treadmill for at least 20mins and 3 strength workout sessions a week during all of February
Fiona	Rae	Stockport	Lose 8kg weight by 31 March 2021
Michaela	Raine	Downham Market	Run 50 miles before the end of April
rachel	Redhead	March	3 miles or more daily
Joseph	Renouf	Shanklin	I aim to walk between 3 - 4Km each time I go out for a walk to do 50Km as my challenge.
Emma	Reynolds	Wokingham	I want to walk a 5km distance at least once a week for the month of February
Holly	Reynolds	Wokingham	Reach 8000 steps per day, 5 days per week for the month of February. I'm very active on the weekends but spend all week at a desk so need to up my activity levels
Kathryn	Reynolds	Swindon	Keep up HIIT with Faye (or another zoom / you tube hiit if Faye cant continue to run them) 2 - 3 times per week through Jan / Feb / Mar - should then have formed a habit to keep on going!
Louise	Rice	Walpole St Andrew	To fully complete the Couch to 5k and run a full 5k without any walking
Andrea	Rigby	Birmingham	To walk/run a total of 100km in February
Sarah	Roadley	Norwich	Run at least twice a week for the next 8 weeks (coming back from injury so taking it easy!)
Michelle	Roberts	Westcliff on Sea	Complete at least 10k steps a day for February x
Stacy	Robertson	Norwich	sit up challenge
Gemma	Robey	Swindon	To run a sub 30 5k and to also compete a 10k run
Paula	Robinson	Bracknell	Run 10k
Gina	Rosenbrock	Stockport	Defib Feb - An Activity Every Day (AED) throughout Feb, with the intention of doing RED March.
Anna	Rosler	St Sampsons	To complete the revised 'Everest' route at least 16 times in February
Kimberley	Rowe	Hull	Run 10km before the end of march.
Wendy	Rowswell	Gloucester	Increase my weekly step count to 52500, I've been averaging under 4000 a day :/
Cassidy	Rowswell	Gloucester	Cassidy will increase her step count to 42k/week for 4 weeks

Julie	Rule	Basingstoke	I would also like to see how many pounds I can lose before the end of the challenge, mainly by reducing chocolate eaten which is waay to much atm. Home schooling and lockdown wfh have taken their toll
Kerry	Santucci	Kent	I am challenging myself to exercise 5 times a week, 2 days will be to run at least 5k. This will be over the whole of January and February 2021.
Katrin	Schollnberger	Lenzing	Run (jog) 50 miles in February
Sara	scott	ELGIN	Learn how to jump rope to get fit nirmally do a spin class. Hopefully go down a dress size 20min per day 5 days a week
Diane	Sedgewick	Preston	I'm going to do 100 squats a day throughout February
Carol	Sene	Exeter	To lose a stone and not two stone
Rachel	Sennett	Basingstoke	To lose 2 stone by 17th April (my 50th birthday)
Tracey	Sewell	Waterlooville	To run at least 18 miles per week (and make sure my steps are 10,000 or over every day) for the next 8 weeks starting Sunday 17th Jan.
Jen	Shepherd	Perth	Run at least 1 mile everyday in February
Christine	Simmons	Norfolk	To walk as many miles I can from February to April
Emma	Simons	Bristol	To start the c25k as a non-runner and stick to it until the end of April and hopefully beyond!
Kate	Skinner	Exmouth	I would like to run a half marathon by the end of April 2021
Charlotte	Small	Wednesbury	Run or walk 10'000 steps every day for a month.
Stella	Smith	Bedford	Going to complete a Dualthon before end of March 5k run/12.5k cycle/5k run
Gemma	Smith	LONDON	Richmond Marathon training - I have been sticking to my training plan as per my challenge but the marathon has now moved to May.
Dawn	Sneath	Basingstoke	BREATH - A 30 Day Yoga Journey . To complete this 30 day programme of Yoga in January
Victoria	Souter	Northampton	To increase my fitness levels through participating in a variety of activities, online classes, walking, jeffing and jogging.
Heather	SPY	Brechin	To run 250km by the end of April.
Claire	Stevens	Dudley	10000 steps a day in February
Rachel	Strange	Didcot	30 day squat challenge to strengthen my legs and hopefully help with my running
Bev	Strong	Sandy	I will run or walk 150 miles over 2 months
Shelah	Surgey	Dunstable	To complete 365 days of running everyday on 16th March and to continue to run everyday for the rest of March, running a minimum of 5 miles per day.

Robynne	Surridge	Swindon	Walking along the Ridgeway from Barbury Castle to West Kennet Longbarrow
Victoria	Symons	Verwood	To do 2 classes a week of Boogie Bounce, 10,000 steps a day minimum, Mr Motivator class 3 times a week and to take my dog out for a walk everyday for at least 30 minutes
Helen	Taylor	Preston	Exercise every day in February (run, walk, or cycle). Ideally 5 miles a day.
Emma	Taylor	Carlisle	Run 75 miles in February and March
Bex	Taylor-Prior	Stone Cross	Run a marathon
Amelia	Tayt	Norfolk	To run 30 miles a month until the end of April
Leanne	Thacker	Bradford	Half marathon training to complete my charity solo race
Melanie	Thomas	Ilanybydder	Run my first Half Marathon
Claire	Thomas	Northampton	I will complete a session of yoga every day from 1st January 2021 to 28th February 2021. Ive completed 15 days so far - I've got this!
Diana	Thomas-McEwen	Cambridge	To do antenatal yoga once a week and circuits at least twice a week until April.
Julie	Thompson	Stoke-on-Trent	I will partake in 3 x 30 minute yoga sessions a week for a month
Helen	Thompson-Keane	SWINDON	Losing weight
Lyndsey	Thorpe	Norwich	To complete 300,000 steps in February 2021.
Mandie	Thorpe	Dereham	300,000 steps in February
Monica	Thorpe	Halifax	I will complete Jillian Michael's 30 day shred.
Shona	Tomlinson	Chippenham	Run 100 miles before the end of March 2021
Emma	Tongrack	Hull	My challenge is to try and run a 1/2 marathon before the end of April
Stacey-Jayne	Toynnton	Haverhill	Run 100 miles
Kirsty	Trainor-Wood	Eastbourne	In lockdown I'm struggling to get my daily steps in so this will make sure I do 🥰
Maggie	Trusdale	Mauchline	Achieve a sub 60 minute 10k run by end of April
Rachel	Turner	Norwich	My challenge is to Run/walk/shuffle a 10K by the end of February 2021.
Laura	Uglow	Hornchurch	I challenge myself to complete C25K by the end of April, giving myself a 4 week grace period to repeat a run if I need to!

Kim	Vaux	Halstead	To complete the crow
Sally	Vickers	Crewe	Do yoga session 3 times a week for February
Jo	Vickery	Haverhill	Walk on average 12500 steps a day Jan-Mar 2021
Heather	Waddell	Kelso	To do 3 x 45 minute Or 4 x 30 minute Home workout sessions in the month of February 2021
Magda	Wade	Gillingham	Plank for at least 1 min every day for 1 month
Helen	Wade	Rotherham	I'm a fitness nut but take no time out so my challenge to myself is to add in the following to my schedule as time out ... 2 x yoga a week
kizzy	walkey	worthing	I aim to do body pump at least once a week for 3 months
Michele	Walters	Oakham, Rutland	Workout at least 1 hour on non run days (4 days a week) until 6th April
Jenny	Ward	Birmingham	Complete the full 9 Week Control Freak calendar (new Beachbody Workout program by Autumn Calabrese)
Hazel	Ward	Dunfermline	Achieve my Apple Watch goal of 3480 exercise minutes in March
Nicky	Ward	Ashford	To run a half marathon!
Sophie	Waring	Rotherham	I am new to running and have only ever managed 5k. I would like to be able to run 10K in one run, by the end of February 2021
Petra	Warner	Borehamwood	Run Easter marathon
Melanie	Warren	Margate	I am completing the Les Mills tone and strength amplify challenge this month. I'm taking pics everyday wearing my Tikiboo's and motivating myself to smash it!!
Suzanne	Waters	Leyland	To walk/run 250 miles by end of March
Jen	Watkins	Redditch	Run 150km by the end of March 2021
Emma	Watts	Hartlepool	To run 200km between 1st January and 30th April 2021
Melissa	Weatherhead	North yorkshire	I will do 50 pushups of different types every day for 30 days.
Ann Marie	Weir	Glasgow	Do 30 increasing to 50 press ups every day throughout February
Janet	West	Tarbert	Chase the sunrise. Early morning runs with my dog every morning watching as the days stretch and the sunrise gets closer to 6am when we can swap village running for countryside running 😊
Tracy	West	Basingstoke	Achieve by walk/jog/run a minimum of 50 miles a month till the end of the challenge
Kiley	White	Shanklin	Cycling 60miles by end of April

Alison	Whitehouse	Dudley	Record 280,000 steps for the month of February, average being 10,000 a day.
Lynne	Whitehurst	Hull	Run/walk 80 miles between 1/2/21 and Mothers day
Rachel	Whiting	Faringdon	Solo 50km
Donna	Wilcox	Maidenhead	I want to get back to being able to do 5 sets of 5 reps of back squat at 90-100kg. This recent lockdown and subsequent closure of my gym has ruined my gains and I want them back
deborah	wilding	Telford	Run or walk 45 miles
Sarah	Willcox	Crowborough	30 days of full push-ups, (starting 08.03.21) AMRAP style, to see if I can build strength and increase reps across the month
Marie	Williams	Aldershot	I aim to do 3 forms of exercise per week. Each session will be at least half hour for a duration of 2 months.
Tom	Williamson	Wakefield	I will do 10 minutes of walking a day in feb!
Vicki	Wood	Dover	To run / walk a total of 90 miles in February
Kirsty	Wood	Radstock	Complete a half marathon
Sarah	Woodiwiss	Bolton	Run 150 miles plus 2 HITT sessions per week.
Karen	Woodman	SOUTHAMPTON	To run my first ever half marathon! Started running during the first lockdown just before my 50th birthday and completed c25k in the summer!
Iain	Woodrow	Wakefield	Burn up 10,000 calories doing exercise during February. This will be a combination of gym workouts at home (mainly Les Mills Body Combat), running and some walking. Whatever it is, I will be fabulous
Claire	Woods	Chippenham	Take 30 minutes every day to de stress and relax with taking time out for meditation
Angela	Wright	Denton	To run 100k
Jodie	Wright	Colchester	To do at least 2 pregnancy yoga sessions a week for the next 12 weeks taking me to (36 weeks pregnant)