

## Urban Fear Factor Express Challenge List

Challenge Name	Challenge Description	Answer	Points
Start Here	Tips and Tricks	Photo	1
Aloha	Find someone wearing a Hawaiian shirt and ask permission for a teammate to wear it. Then snap a photo of your teammate and the person the shirt belongs to hula dancing together.	Photo	30
Anchors Aweigh!	Ahoy! Find a mate (whether a sailor or a landlubber) with an anchor tattoo on their body, and snap a photo of a team member pointing out the ink.	Photo	20
Balloon Pop	Snap a photo of a teammate popping a balloon using only their fingernails.	Photo	30
Break It Down	Record a 5-second video of a teammate and a stranger battling it out in an epic break dancing battle. Follow the link below for some inspiration. <a href="https://www.youtube.com/watch?v=J3SIEc059EI">https://www.youtube.com/watch?v=J3SIEc059EI</a>	Video	30
Butt Dialed	Set a teammate's phone to speakerphone and call a phone number that's posted in a public place. When someone answers say, "I'm sorry, I think I butt-dialed you!" and hang up. Record a 5-second video of the prank call.	Video	30
C.P.R...We Doing This Right?	Locate a nurse or other medical professional in uniform somewhere outside in a public place. Snap a posed photo of your team pretending to give them C.P.R.	Photo	30
Cannonball!	Visit a local public pool and snap a photo of a teammate mid-air, showing off their best cannonball while jumping into the pool fully clothed!	Photo	99
Captain of the Castle	Get strangers to join you in creating a three-tiered human pyramid. Your pyramid must have three people kneeling on the bottom row, two people kneeling on the middle row, and one person standing on top. Snap a photo of your team effort.	Photo	30
Caution: Construction Ahead	Find a construction site and challenge a construction worker, who is fully dressed in safety gear, to a thumb-war. Snap a photo of the action.	Photo	30
Cluck and Waggle	Search for a restaurant that has "chicken" in its name or specializes in chicken dishes. Then record a 5-second video of your team doing the "Chicken Dance" in front of it.	Video	50
Double-Decker Race	Find two willing and able strangers to pair up with two members of your team for a double-decker race on a grassy area. Snap a photo mid-race, of two people riding on the shoulders of the bottom two people, while they compete in a foot race.	Photo	50
Fashion Statement	Have a teammate go somewhere private and put their clothes on backwards and inside out. Snap a photo of them with their new style and make sure they wear them this way for the rest of the activity.	Photo	30
Flavor Pack	Record a 5-second video of a teammate eating an entire ketchup or sugar packet. You may not go into a restaurant or business to get the packet, but you may ask strangers carrying take-out food or beverages outside.	Video	60
Foodie Feet	Snap a photo of a teammate feeding something - a stick of gum, candy or whatever you can find - to a stranger using only their feet.	Photo	60
Foot Massage	Convince a stranger to give a teammate a foot rub, and snap a photo mid-massage.	Photo	40
For the Birds	Feed a wild city pigeon or other bird and get it to land on a teammate. Snap a photo of the bird standing on your teammate.	Photo	60

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Hangin' Around	Search for a playground and act like a kid again! Take a photo of your entire team hanging upside down off the monkey bars.	Photo	20
How Low Can You Go?	Snap a photo of a teammate doing 'The Limbo' under a fixed structure, such as a railing, that is at least waist high.	Photo	10
KISS Me	Paint a teammate's face black and white, like a member of KISS. Take a photo of your finished rock star with their tongue out.	Photo	50
Made You Jump	Head to a crowded place and have a teammate make a loud noise while standing behind someone. Record a 5-second video of what happens next.	Video	30
Music to My Ears	Using whatever props you can find or make (except for real instruments), create your own musical band. Record a 5-second video of your team performing on a busy street corner for passersby.	Video	30
Nailed It	Find a chalkboard on a sidewalk in front of a restaurant or other business. Record a 5-second video of a teammate scraping their fingernails loudly down the chalkboard.	Video	30
Pooch Smooch	Find a stranger walking their dog, and ask if a teammate can give the dog a kiss. Snap a photo of the dog licking a teammate on the face.	Photo	30
Public Disagreement	Stage a loud, fake argument between two teammates in a crowded public place, and have one teammate give a fake slap to the other's face. Record a 5-second video of the argument that includes the slap.	Video	40
Roses are Red	Record a 5-second video of a teammate reciting an improvised love poem to a stranger. Begin with the line "roses are red."	Video	30
That's Awkward	Ever heard of awkwardfamilyphotos.com? Now it's your turn to create a cringe-worthy team photo while posing in a public park. Use any resources or materials available to you to make it truly awkward.	Photo	10
Wax On, Wax Off	Purchase a package of waxing strips and record a 5-second video of a teammate using one of the strips to remove hair from anywhere except their arms or legs.	Video	80
Well Connected	Search for a stranger who is using their laptop outside in a public place and ask if a teammate can check their email. Snap a photo of the teammate using the laptop while sitting on the stranger's lap.	Photo	30
Wetter is Better	Have a teammate place their head under a waterfall or a fountain and snap a photo of them getting their hair wet.	Photo	70