Over 60 possible challenges have been created for *Minute to Win It*, all using various household materials and objects. The introductory "blueprints" for each challenge have been posted online on NBC's website, and viewers and potential contestants have been encouraged to practice the games at home, and share their attempts on NBC's website.

- **Bite Me** - the contestant must grab different sized paper bags (ranging from 1 inch to 2.5 inches) in their mouth and place them on a table without using any body part except the feet for balance.
- **Bobble Head** - the contestant must get at least 125 head jerks in 60 seconds using a [pedometer](https://www.nbc.com/minute-towinits) attached to a headband.
- **Candy Elevator** - the contestant must use a [pulley](https://www.nbc.com/minute-towinits) constructed from string and pencils around their ears to raise a platform containing candies to their mouth and eat them. The candy must never fall off.
- **Defying Gravity** - the contestant has to concurrently keep three balloons in the air, using any part of their body. The balloons may not touch the ground or be popped; if that happens, the challenge is failed.
- **Don't Blow the Joker** - the contestant must blow a standard deck of cards off a bottle, but leave the bottom card, the joker, still standing on the bottle. The contestant has a limited number of attempts. Secrets to this game have been posted to the show's website.
- **Egg Dance** - the contestant must carry two eggs on inverted plates across the stage from one set of platforms to the other. If an egg drops, the challenge is failed.
- **Hanky Panky** - the contestant must quickly pull all the tissues out of a box of [tissues](https://www.nbc.com/minute-towinits), one at a time, using only one hand. The box has 170 tissues in it.
- **Junk in the Trunk** - with an empty tissue box attached to their waist, the contestant must shake 8 ping pong balls out of the box without using their hands.
- **Mouth to Mouth** - the contestant must pull a one dollar bill from between the mouths of two glass bottles without knocking them over. The contestant has a limited number of attempts.
- **Nervous Nelly** - the contestant has four [pedometers](https://www.nbc.com/minute-towinits) strapped to their body, two on their arms, and two on their legs. The contestant must then wildly move to click the pedometers a total of 500 times. This is a variant of "Bobble Head".
- **Noodling Around** - the contestant must pick up six pieces of penne pasta from the table, using only an uncooked strand of spaghetti in their mouth. Any use of hands is a foul, resulting in an automatic loss of a life. Break the spaghetti strand, and you must start over.
- **The Nutstacker** - using a chopstick and 10 nuts around it, the contestant must stack them one by one on top of each other. The player must transfer the nuts directly from the chopstick to the tower. However, if the tower falls, the challenge is failed.
- **Paper Dragon** - the contestant must unroll 2 rolls of party [streamers](https://www.nbc.com/minute-towinits) with only their hands and arms.
- **Ping Tac Toe** - the contestant must attempt to get 3 white balls in a row on a 3 x 3 set of cups by bouncing them into the cups. However, the contestant must alternate to a different colored ball after every successful landing and avoid getting 3 in a row of the other color.
- **Puddle Jumper** - the contestant must blow three ping pong balls from one water-filled cup to another. The cups are separated by three, six, and nine inches.
- **Spoon Frog** - the contestant must use spoons to catapult other spoons into cups. This must be done three times.
- **Stack Attack** - the contestant must stack 36 cups in a pyramid form and then take it down back into a single stack of cups.
- **This Blows** - the contestant must inflate a standard balloon, then release the air in a controlled fashion to blow a series of cups off a table.
- **Wet Ball** - the contestant must use a spray-bottle of water to transport a balloon across the stage into a trash can. Should the balloon hit the ground, the challenge is failed. The contestant is cautioned that too much water on the balloon will result in the balloon dropping to the ground.
- **Wheel of a Deal** - a 5 x 4 grid of face down cards containing only Aces-Tens must be separated onto 5 different tables with only 1 card flipped over at a time (not counting cards on the tables).
- **Whippersnapper** - using a blanket, the contestant must launch a ping pong ball 15 feet into a bucket.

**Million Dollar Challenges:**

- **Super Coin** - the currently only known designated $1,000,000 challenge (revealed on the show's website), the contestant must bounce a quarter off a table into a 5-gallon water jug positioned 15 feet (4.6 m) away. The mouth of the jug is only 1.75 inches wide. The challenge was first played on the Last Man Standing special (where ten contestants played the stunts, one player eliminated on each stunt -- to guarantee someone would play for the million-dollar prize) on May 9, 2010 and was failed. (For the Last Man Standing Special, the contestant who won the right to challenge this stunt received $100,000.)

These games have been recently posted on the NBC show website:

- **Keep the Change** - the contestant must remove a one dollar bill, held on the edge of a drinking glass by five stacked quarters, without any of the quarters falling off the rim of the glass. The task must be completed twice in the number of glasses and the minute allotted.
- **Matchmaker** - the contestant must deliver, one at a time, each of 18 colored candies to one of three stations (each station, in a successful completion, will contain six of a given color (red, green, or yellow)), each candy individually placed under one of 18 plastic cups in the center of the stage.
- **Sticky Situation** - the contestant must bounce one ping-pong ball onto a piece of bread, covered with peanut butter, and get it to stick there. The piece of bread is situated on a platform 15 feet away.
- **Worm Diving** - the contestant, using a moist Gummi Worm as "bait", must fish a pretzel out of a fishbowl full of them, bring the pretzel to their mouth, and eat the pretzel without using their hands or dropping the pretzel.