

Mind's 58 miles in February challenge

Are you ready to take on an incredible 58 miles for Mind this February? This is your challenge, and you can complete your distance however you choose! Whether you'd prefer to do 2 miles a day, or do longer distances when it suits you, it's up to you. Complete your daily distances using the tracker below and join the amazing #TeamMind raising money in the fight for better mental health.



Here we go!							
1	2	3	4	5	6	7	
One week in! Share your first progress medal							
	8	9	10	11	12	13	
	Half way there! You've got a new progress medal						
14		15	16	17	18	19	
20	21	22	23	24	25	26	
		Final push!	Total miles so far:	<h2 style="margin: 0;">Congratulations!</h2> <p style="margin: 0;">Share your virtual medal with friends and family to let them know about your incredible challenge.</p>			
27	28	29	Finish				

mind.org.uk

Mind is a registered charity in England (no. 219830) and a registered company (no. 424348) in England and Wales.



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**FUNDRAISING
REGULATOR**





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Welcome to #TeamMind!

Thank you for taking on 58 miles this February and joining the fight for mental health. By raising money for Mind, you're helping more people with mental health problems get the support they need and the respect they deserve – and that's a very big deal. So thank you, so much!

We really hope you're excited to get started! We can't wait to get to know you better in the Facebook group, and we'll be there cheering you on throughout your challenge.

Enclosed you'll find your Mind t-shirt and your daily tracker. We'll be sending you digital progress medals at several stages during your challenge which you can share on your fundraising page. If you fundraise £100 or more and you'll receive an exclusive 58 miles in February medal!

Thank you so incredibly much for your support. Because of our supporters like yourself we can be there for everyone experiencing a mental health problems when they need it the most.

Best wishes,

Anita and Tanya

