

100 miles in March!

This challenge is all about the miles, whatever way works for you.

Whether that's 3 miles in a day or 30 miles in day – we know you can go the distance!
Use the tracker below to record your distances and celebrate your progress.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Good luck					HERE WE GO!	
					1	2
				ONE WEEK IN! Share your first medal		
3	4	5	6	7	8	9
						HALFWAY! You have a new medal
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	FINISH Share your finisher medal!	Total miles:				

Congratulations!

Access our [resource centre](#) to download your digital milestone medals, and much more.

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



Weekly fundraising total

Week 1

£

Week 2

£

Week 3

£

Week 4

£

Week 5

£

Total fundraising

£

**Raise £150
for your medal!**

