

56 miles in February!

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

Whether that's 2 miles in a day or 20 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	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 £100 for your medal!



Registered with
**FUNDRAISING
REGULATOR**