

Move for Mind progress tracker!

Use the calendar below to fill in your activity each day – include what activity and the number of minutes you complete. Then proudly share it with your sponsors!



Weekly fundraising total

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

Week 1

£

Week 2

£

Week 3

£

Week 4

£

Week 5

£

Total fundraising

£

**Raise £150
for your medal!**

Access our [resource centre](#) for exciting fundraising and activity materials.

Congratulations!