



31 Minutes

Move for Mind

31 Days

Your challenge.

Your way.

Support mental health

Tick off days as you move through the month. Keep a note of what activity you did and proudly share with your sponsors

Raise £150 for your medal



Weekly fundraising total

Week 1

£

Week 2

£

Week 3

£

Week 4

£

Week 5

£

Total Raised

£

1

I made moves by

2

I made moves by

3

I made moves by

4

I made moves by

5

I made moves by

6

I made moves by

7

One week in!
Share your first milestone medal!

8

I made moves by

9

I made moves by

10

I made moves by

11

I made moves by

12

I made moves by

13

I made moves by

14

I made moves by

15

Halfway!
Download your halfway medal!

16

I made moves by

17

I made moves by

18

I made moves by

19

I made moves by

20

I made moves by

21

I made moves by

22

I made moves by

23

I made moves by

24

I made moves by

25

I made moves by

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I made moves by

27

I made moves by

28

I made moves by

29

I made moves by

30

I made moves by

31

Get your medal!

Total Move for Mind minutes