Tick off the days as you move through the month. Keep track of the activities you've done and the funds you've raised, and proudly share with your sponsors!

Move for Mind

1 ✔ My activity:	2 ☐ My activity:	3 ☐ My activity:	**Great start!** Don't forget to share your fundraising page.	4 ☐ My activity: .....
5 ☐ My activity:	6 ☐ My activity:	7 ☐ My activity:	8 ☐ My activity:	9 ☐ My activity: .....
10 ☐ My activity:	11 ☐ My activity:	12 ☐ My activity:	13 ☐ My activity:	14 ☐ My activity: .....
15 ☐ My activity:	16 ☐ My activity:	**Halfway there!** Share your digital medal!	17 ☐ My activity:	18 ☐ My activity: .....
19 ☐ My activity:	20 ☐ My activity:	21 ☐ My activity:	22 ☐ My activity:	23 ☐ My activity: .....
24 ☐ My activity:	**Not too late to receive your medal!**	25 ☐ My activity:	26 ☐ My activity:	27 ☐ My activity: .....
28 ☐ My activity:	29 ☐ My activity:	30 ☐ My activity:	31 ☐ My activity:	**Total minutes this month** .....

Weekly fundraising

Week 1	Week 2	Week 3	Week 4	Total raised
£	£	£	£	£ 0.00 .....