

# Mind's 10,000 steps a day in October

Are you ready to take on an incredible 310,000 steps for Mind this October? Complete your daily steps using the tracker below and join the amazing #TeamMind raising money in the fight for mental health.



Here we go!						
1	2	3	4	5	6	7
One week in! Share your first progress medal						
	8	9	10	11	12	13
		Half way there! You've got a new progress medal				
14	15		16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	Final push!	Number of steps so far:	
				31	Finish	

## Congratulations!

Time to share your virtual medal with friends and family to let them know about your incredible challenge.

[mind.org.uk](https://mind.org.uk)

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



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