



28 miles in February

Challenge Tracker

You have pledged to raise £100 for **Mental Health UK** by taking on the 28 Miles in February challenge.

Use the calendar below to track your daily progress and see how well you have done.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Get ready... Set... Go!



1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

Thank you!

Any money you raise will go towards supporting Mental Health UK's work helping those who need it most. To find out more you can visit our website: www.mentalhealth-uk.org



**You
did it!**

Mental
Health
UK