

# THE RETHINK RELAY

Team up or go solo and run or walk this October to raise funds for people severely affected by mental illness. Complete your daily distances using this tracker.



WEEK 1

Get READY!

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	WEEKLY TOTAL
					First week done!	

WEEK 2

DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	WEEKLY TOTAL
			World Mental Health Day				

WEEK 3

DAY 14	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	WEEKLY TOTAL
		You've passed half way!					

WEEK 4

DAY 21	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	WEEKLY TOTAL

WEEK 5

DAY 28	DAY 29	DAY 30	DAY 31				GRAND TOTAL
			Final day! You've got this!				