



# Stride Outside Tracker

SEPTEMBER 2026



**TAKE 30** FOR BETTER MENTAL HEALTH

If you have registered for Stride Outside online, you can also track your outdoor activity on your fundraising dashboard. Log in and go to 'My Activity Outside' to manually add your outside activity each day.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY  | FRIDAY | SATURDAY | SUNDAY |
|--------|---------|-----------|---|--------|----------|--------|
|        | 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     | 29      | 30        | <p>Congratulations and well done for taking on the Stride Outside Challenge!<br/>           Prioritising your mental health and wellbeing is not always easy. You should be proud of the commitment you've made this September to meaningfully spend time outside to boost your mental health and wellbeing. Share your Stride Outside challenge on socials: @StrideMentalHealth #strideoutside</p> |        |          |        |

**MOOD CHECK:**  
HOW ARE YOU FEELING?

WEEK 1:

WEEK 2:

WEEK 3:

WEEK 4:

END OF CHALLENGE:

**YOUR DARE TO REST GOAL**

**YOUR OUTSIDE ACTIVITIES**

**YOUR FUNDRAISING GOAL**