



Stride Outside **Take 30** Tracker

SEPTEMBER 2025



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	Congratulations and well done for taking on the Stride Outside Take 30 Challenge! 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 Take 30 challenge on socials: @StrideMentalHealth #strideoutside				

MOOD CHECK:
HOW ARE YOU FEELING?

WEEK 1:

😊 😐 😞

WEEK 2:

😊 😐 😞

WEEK 3:

😊 😐 😞

WEEK 4:

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END OF CHALLENGE:

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YOUR TAKE 30 GOAL

YOUR OUTSIDE ACTIVITIES

YOUR FUNDRAISING GOAL