

# MARCH for Migraine TRACKER

the  
migraine  
trust

MONDAY

TUESDAY

WEDNESDAY

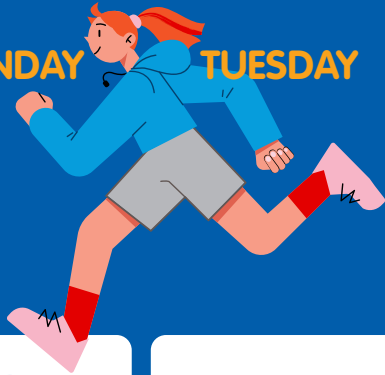
THURSDAY

FRIDAY

SATURDAY

SUNDAY

TOTAL FOR THE WEEK



It's time to  
#MarchForMigraine

2

3

4

Share on social  
media why you  
#MarchForMigraine

6

7

One week down!  
Well done!

9

10

11

Why not share your  
progress and some pics  
from your walks? Don't  
forget to tag us and use  
#MarchForMigraine.

13

14

15

16

You're over halfway  
there! Shout about  
it by sharing your  
JustGiving page

18

19

1st day of Spring!  
Share your favourite  
pics of nature from  
your walks

21

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23

These boots  
were made for  
walking! Only  
one week to go!

25

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30

You've smashed it!  
Not all heroes  
wear capes!

190,000 steps  
March 2023



#MarchForMigraine  
Visit [migrainetrust.org/MarchForMigraine](https://migrainetrust.org/MarchForMigraine)

FR Registered with  
FUNDRAISING  
REGULATOR