



Walktober Challenge

ACTIVITY LOG

NAME: _____

DEPARTMENT: _____

CHOOSE ONE:

- FACULTY
- STAFF
- STUDENT

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	31			<div style="border: 1px solid orange; padding: 5px; display: inline-block;"> TOTAL STEPS: ➔ </div>	

Track your daily activity each day from 10/1 – 10/31! Record steps on the log!
 Submit your Walktober log by 11/09 via email, campus mail, or by stopping by HR
 (BRD 133). Contact Vanessa Bural with questions, x2247, vbural@clark.edu.