



# WALKTOBER CHALLENGE

## Frequently Asked Questions

**What is Walktober?** Walktober is a walking challenge between Clark College, Lower Columbia College, and Washington State University Vancouver! Track your steps from 10/1-10/31.

**Who can participate in Walktober?** Clark College faculty, staff and students can participate!

**How do I track my steps?** You can use a fitness tracker if you have one or an app on your smartphone. Indicate how many steps you go each day on the Walktober log.

**Do other types of physical activity count?** Yes, all types of physical activity can be converted to steps. See the step equivalency chart for more information.

**With varying employee populations between the colleges, how will it be a fair challenge?** For each college, we will find the total number of steps per school (sum of steps for those that submit the Walktober log) and divide by the number of participants to get each college's average. The college with the highest step average will be the winning college. The winner will be the recipient of the Walktober trophy as well as bragging rights.

**What about the Clark College faculty & staff department challenge?** We will use the same highest average method to declare the department that walked the most steps throughout October. **Make sure to write in your department on your log.**

**How do the awards work?** There will be awards for the top three employees with the most steps.

**What do I do with the log?** Logs must be submitted to HR via email ([hr@clark.edu](mailto:hr@clark.edu)), campus mail (BRD 133). **ALL WALKTOBER LOGS ARE DUE BY 11/09/2020.**

**Who do I contact for more information?** Contact Human Resources ([hr@clark.edu](mailto:hr@clark.edu)) with questions.