



# 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;"> <p><b>TOTAL STEPS:</b> <span style="font-size: 2em;">➔</span></p> </div>	

Track your daily activity each day from 10/1 – 10/31! Record steps on the log!  
 Submit your Walktober log by 11/07 via email, campus mail, or by stopping by  
 HR (BRD 133). Contact Vanessa Bural with questions, x2247, vbural@clark.edu.