

BEGINS
OCT. 1



WALKTOBER

STRIDES TO BETTER HEALTH

Take steps toward *better health* by walking more this month.
WALKTOBER is a 4-week walking campaign beginning October 1.



WALKTOBER GOAL

Aim to increase **your average daily steps by 10%** from your starting level.

Not sure where to start? Track your normal steps for three days, then set a goal that challenges you to move a little more each day throughout the challenge.

Your goal is personal to you—every step counts!

EXAMPLES:

YOUR STARTING AVERAGE		YOUR WALKTOBER GOAL (+10%)
4,000 steps/day	→	4,400 steps/day
7,000 steps/day	→	7,700 steps/day
10,000 steps/day	→	11,000 steps/day

LET'S GET STARTED!

1.

FIND YOUR STARTING POINT

Track your normal steps for three days. Total your step count for the three days and divide by three to find your average daily steps.

2.

SET YOUR WALKTOBER GOAL & START RECORDING STEPS

Determine your personal daily step goal by increasing your average daily steps by 10%. Record your steps each day and work toward your goal throughout Walktober.

3.

SUBMIT YOUR TRACKER

Submit a copy of your completed paper tracker to DROSA@elementhealth.com or your Health Coach by November 3 to be entered into a drawing for a gift card!

PHOTO SCAVENGER HUNT

THRIVE CHALLENGE (OPTIONAL)

Complete the thrive challenge actions to increase your steps and to gain an appreciation for your surroundings. Choose 3 actions to complete each week and mark on your WALKTOBER tracker. Take pictures along the way and submit to DROSA@elementhealth.com for extra prize drawing entries (1 entry per photo).

WEEK
1

AROUND THE HOUSE



Walk around the rectory and photograph something you've never noticed before

1. Take a 10-minute walk after dinner
2. Do a 20-minute yard, garden, or outdoor cleanup
3. Walk while catching up with a friend or family member on the phone
4. Do a "commercial break" movement challenge while watching TV
5. Walk with your pet
6. Spend 20 minutes doing housework
7. Complete three 5-minute movement breaks throughout the day
8. Other: _____

WEEK
2

AT WORK



Walk at work and take a selfie in front of your parish sign

1. Invite a coworker on a 10-minute walking break
2. Turn a one-on-one conversation into a walking meeting
3. Take the long route to the restroom, break room, or printer
4. Park at the back of the parking lot
5. Set a reminder to move for 3 minutes every 90 minutes
6. Explore an area around your workplace you've never walked through
7. Walk for 10 minutes after lunch or other break
8. Other: _____

WEEK
3

IN THE NEIGHBORHOOD



Find and photograph an interesting neighborhood detail—architecture, landscaping, etc.

1. Take a route you've never walked before
2. Walk to a local business instead of driving
3. Pick up five pieces of litter during your walk
4. Take a sunrise or sunset walk
5. Walk with a neighbor, friend, family member, or pet
6. Volunteer to walk a dog at a local rescue, shelter, or Humane Society
7. While on your walk look for five different colors
8. Other: _____

WEEK
4

AROUND YOUR CITY



Find a mural, landmark, sculpture, or favorite local spot and take a photo

1. Visit and walk a park or trail you've never explored
2. Walk through a downtown or historic district
3. Walk somewhere you would normally drive
4. Take a waterfront, river, lake, or nature walk
5. Explore a farmers market, festival, or community event
6. Walk across a bridge or to a scenic viewpoint
7. Complete your longest walk of the month
8. Other: _____

PLAN TO STAY ACTIVE

Complete the pledge on your tracker with how you will stay active this winter

ESTIMATED STEPS IN EXERCISE

MODERATE ACTIVITIES 30 MINUTES	- Basketball (leisure) - 4100 - Bicycling (<10 mph) - 3600 - Bowling - 2730 - Dancing - 2700 - Gardening - 3600 - Golf (walking) - 4100	- Horseback Riding - 3600 - Stretching/Yoga - 2300 - Swimming Laps (leisure) - 5500 - Walking (3.5 mph) - 3500 - Water Aerobics - 3600 - Weight Lifting - 3600
VIGOROUS ACTIVITIES 30 MINUTES	- Basketball Game - 7300 - Bicycling (>10 mph) - 10900 - Dancing (Fast) - 5000 - Heavy Yard Work - 4500	- Running Jogging (5 mph) - 7300 - Swimming Laps - 9100 - Walking (4.0 mph) - 4500 - Weight Lifting - 5500
STEPS PER MILE	MEN: 2,000 steps = 1 mile WOMEN: 2,400 steps = 1 mile AVERAGE PACE: 15 minutes = 1 mile Source: America on the Move These are estimated steps. For additional activities and step calculations, please visit: www.rejoiceinhealth.org/walktober.	

INDIVIDUAL PAPER TRACKER

Record your steps using the paper tracker below. Turn in a copy of your completed paper tracker to your Health Coach or email to DROSA@elementhealth.com by November 3.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEKLY STEPS TOTAL
			1	2	3	4	
			steps:	steps:	steps:	steps:	
5	6	7	8	9	10	11	
steps:	steps:	steps:	steps:	steps:	steps:	steps:	
12	13	14	15	16	17	18	
steps:	steps:	steps:	steps:	steps:	steps:	steps:	
19	20	21	22	23	24	25	
steps:	steps:	steps:	steps:	steps:	steps:	steps:	
26	27	28	29	30	31		
			steps:	steps:	steps:		

THRIVE CHALLENGE
(November)

Write the number of each activity completed and the goal completing 3 each week.

Week 1

Week 2

Week 3

Week 4

NAME:
(print clearly)

PARISH:



My Personal Day Goal
(avg daily step count + 10%):

My Average Daily Step Count:

STEPS: