



BRIGHTEN YOUR MOOD WITH
WALKT^oBER™

Aim for at least 6,000 steps each day by tracking and logging your steps and favorite activities such as biking, swimming, weightlifting, and yoga! Device integration is available through Fitbit, Apple Health, and more! If you do not have a tracker, you can use the Steps Converter tool to enter the activity and minutes and convert to steps.

Challenge goal: Earn 20 leaves (1 leaf per day; 6,000 steps = 1 leaf)

All College of Marin employees are eligible to participate in the *Walktober* challenge. You can track your progress on the *Walktober* website or mobile app! Go to your app store and search for Walktober app from Health Enhancement Systems. You'll have to register on the website first, and then you'll be able to log in on the app and track your progress.

Challenge Dates: October 1 – October 31, 2024

Registration Dates: September 16 - October 13, 2024

REGISTER HERE OR SCAN THE QR CODE:
<https://comwellness.walktober.com>



COLLEGE OF
MARIN

WALKT^oBER™

Join College of Marin's *Walktober* Challenge! Log all your activity and steps throughout October, and you could win a prize! Check out the many ways you can earn gift card prizes! Compete as an individual and/or join a team!

Walktober Challenge Rewards		
Incentive Category by Participant	Action Required	Awards
Team Competition – Grand Prize! (Top 2 teams)	Be on the Top 2 Teams (Teams must be a minimum of 4 and maximum of 5 members to qualify for the team prizes; Drawing if there is a tie.)	\$50 Snappy Gift Prize (each team member will receive prize)
Team Competition Drawing (2 teams randomly selected)	Teams will be eligible for the Team Competition Drawing if they reach the challenge goal of 20 leaves. (Teams must be a minimum of 4 and maximum of 5 members to qualify for the team prizes)	\$25 Snappy Gift Prize (each team member will receive prize)
Individual Participation – Grand Prize! (10 participants randomly selected)	Earn 20 leaves to successfully complete the challenge.	\$50 Snappy Gift Prize
Individual Participation Drawing (10 participants randomly selected)	Earn 20 leaves to successfully complete the challenge.	\$25 Snappy Gift Prize
Complete the Evaluation (3 participants randomly selected)	Complete the evaluation at the end of the program. (All registrants will be sent an email about the evaluation once the challenge is over.)	\$25 Snappy Gift Prize
43 prizes total!		
<i>Please note: 1 prize per person to allow for more winners.</i>		

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