

OCTOBER IN MOTION 2026

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

Name: _____

Student Employee

Department: _____

Total: 0

Track your steps each day from 10/1- 10/31! Record daily steps on the log! At the end of the month, submit your Walktober log via email, campus mail, or stopping by HR. Contact reddevilwellbeing@lowercolumbia.edu with any questions.