

WALKTOBER 2024

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	Total	

Name: _____

Student Employee

Department: _____

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 Jennifer Lucas (jlucas@lowercolumbia.edu) or Rebecca Noce (rnoce@lowercolumbia.edu) with questions.