

WALKTOBER DAILY LOG

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:
 Employee Student
 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 Sydney Benson with questions, x2122,
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