

# WALKTOBER.

Enclosed is a WALKTOBER calendar

with outlines of leaves on each day.

Begin recording your activity on October 1. Use colored markers, pencils or highlighters to color the leaves, tracking your progress throughout October.

Your goal is to accumulate or color at least 20 or more leaves during the 31 day program by recording dedicated walking minutes (dedicated means time you actually set aside for walking, not just what you normally walk in a day's routine), or daily steps (using a step counter if you have one all day).

Your calendar will have a chart:



30-44 minutes/ 6,000-7,999 steps = **RED**



45-59 minutes/ 8,000- 9,999 steps = **ORANGE**



60+ minutes/10,000 + steps = **GOLD**

On each day either place a sticker or color your leaf with the color representing the number of steps or dedicated minutes you completed that day along with writing down the number below.

If you are just starting out, shoot for 20 red leaves; If you're already active, aim higher. The idea is to have a challenging target for **Walktober** and to develop a walking habit you can maintain.

Throughout the month, you will be receiving a variety of informative and motivational emails to keep you on track.

Additionally, I will send you some quizzes, trivia or puzzles to complete (optional) and return to me to be placed in one of several raffle drawings I will be conducting throughout the month for some cool **Walktober** prizes.



When your calendar is complete, please return it to me in the Dept. of Personnel and you will receive a free set of **Walktober Recipes** from their award winning cookbook, "Comfort Foods Made Healthy".

Call me if you have any questions and if you want to change your email address to your home address just let me know. Thanks! Dulce Fernandez 435-3897