

OCTOBER

KEEP TRACK OF HOW MANY STEPS YOU TAKE DURING THE WORK WEEK FOR A CHANCE TO WIN A FITBIT™ OR VISA GIFT CARD DURING THE WALKTOBER WALKING CHALLENGE. THE GOAL IS 50,000 STEPS, PER WEEK BETWEEN OCT. 1-29

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