

# WALKTOBER

**“Walking is man’s best medicine.”**

*- Hippocrates*

October is perfect for walking. The temperatures are usually moderate, vacations are over and the holidays have not yet arrived. Making the most of this season, Walktober is a month-long walking campaign designed to improve your overall well-being.

This is a challenge with a variety of activities and ways to get a step goal that can include anyone, no matter your activity level.

This will be a great way to build comradery or inspire you to a new personal goal, all while having fun.



# WALKTOBER 2017 ACTIVITY TRACKER

SUN	MON	TUE	WED	THUS	FRI	SAT
<b>1</b> Steps ____ Minutes ____ Activity <b>X</b> ____ Total steps ____ <b>Miles</b> ____	<b>2</b> Steps ____ Minutes ____ Activity <b>X</b> ____ Total steps ____ <b>Miles</b> ____	<b>3</b> Steps ____ Minutes ____ Activity <b>X</b> ____ Total steps ____ <b>Miles</b> ____	<b>4</b> Steps ____ Minutes ____ Activity <b>X</b> ____ Total steps ____ <b>Miles</b> ____	<b>5</b> Steps ____ Minutes ____ Activity <b>X</b> ____ Total steps ____ <b>Miles</b> ____	<b>6</b> Steps ____ Minutes ____ Activity <b>X</b> ____ Total steps ____ <b>Miles</b> ____	<b>7</b> Steps ____ Minutes ____ Activity <b>X</b> ____ Total steps ____ <b>Miles</b> ____
<b>8</b> Steps ____ Minutes ____ Activity <b>X</b> ____ Total steps ____ <b>Miles</b> ____	<b>9</b> Steps ____ Minutes ____ Activity <b>X</b> ____ Total steps ____ <b>Miles</b> ____	<b>10</b> Steps ____ Minutes ____ Activity <b>X</b> ____ Total steps ____ <b>Miles</b> ____	<b>11</b> Steps ____ Minutes ____ Activity <b>X</b> ____ Total steps ____ <b>Miles</b> ____	<b>12</b> Steps ____ Minutes ____ Activity <b>X</b> ____ Total steps ____ <b>Miles</b> ____	<b>13</b> Steps ____ Minutes ____ Activity <b>X</b> ____ Total steps ____ <b>Miles</b> ____	<b>14</b> Steps ____ Minutes ____ Activity <b>X</b> ____ Total steps ____ <b>Miles</b> ____
<b>15</b> Steps ____ Minutes ____ Activity <b>X</b> ____ Total steps ____ <b>Miles</b> ____	<b>16</b> Steps ____ Minutes ____ Activity <b>X</b> ____ Total steps ____ <b>Miles</b> ____	<b>17</b> Steps ____ Minutes ____ Activity <b>X</b> ____ Total steps ____ <b>Miles</b> ____	<b>18</b> Steps ____ Minutes ____ Activity <b>X</b> ____ Total steps ____ <b>Miles</b> ____	<b>19</b> Steps ____ Minutes ____ Activity <b>X</b> ____ Total steps ____ <b>Miles</b> ____	<b>20</b> Steps ____ Minutes ____ Activity <b>X</b> ____ Total steps ____ <b>Miles</b> ____	<b>21</b> Steps ____ Minutes ____ Activity <b>X</b> ____ Total steps ____ <b>Miles</b> ____
<b>22</b> Steps ____ Minutes ____ Activity <b>X</b> ____ Total steps ____ <b>Miles</b> ____	<b>23</b> Steps ____ Minutes ____ Activity <b>X</b> ____ Total steps ____ <b>Miles</b> ____	<b>24</b> Steps ____ Minutes ____ Activity <b>X</b> ____ Total steps ____ <b>Miles</b> ____	<b>25</b> Steps ____ Minutes ____ Activity <b>X</b> ____ Total steps ____ <b>Miles</b> ____	<b>26</b> Steps ____ Minutes ____ Activity <b>X</b> ____ Total steps ____ <b>Miles</b> ____	<b>27</b> Steps ____ Minutes ____ Activity <b>X</b> ____ Total steps ____ <b>Miles</b> ____	<b>28</b> Steps ____ Minutes ____ Activity <b>X</b> ____ Total steps ____ <b>Miles</b> ____
<b>29</b> Steps ____ Minutes ____ Activity <b>X</b> ____ Total steps ____ <b>Miles</b> ____	<b>30</b> Steps ____ Minutes ____ Activity <b>X</b> ____ Total steps ____ <b>Miles</b> ____	<b>31</b> Steps ____ Minutes ____ Activity <b>X</b> ____ Total steps ____ <b>Miles</b> ____				

**Total miles** \_\_\_\_\_

**2,000 steps = 1 mile**

The average person's stride length is approximately 2.5 feet long.  
That means it takes just approximately 2,000 steps to walk one mile.

## VARIOUS ACTIVITY STEP CONVERSIONS

ACTIVITY		STEPS PER MINUTE
Aerobic activity class		127
Calisthenics		106
Yoga class		45
Elliptical		203
Rower		212
Stationary bike	Moderate	212
	Heavy	318
Lifting weights		67
Stair-climbing	Up	181
	Down	71