

# WALKTOBER CHALLENGE 2023

Name:

Total Number of Steps:

*Track steps and other daily activities, Record them here!*  
 At the end of the month total your steps and return this form to  
 Human Resources, Located in Dengerink Admin building room  
 126 or email us at [van.hr.frontdesk@wsu.edu](mailto:van.hr.frontdesk@wsu.edu)

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		31				