



# Program Results

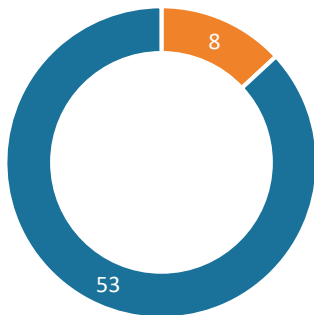
Logging: **October 1 - October 31, 2017**

Total registered participants: **61**  
Total completed evaluations: **37**  
Evaluation completion percentage\*: **59%**  
Mobile app participants: **13**



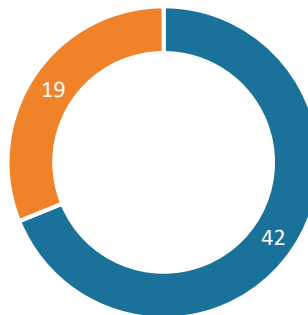
\*The following data is based on participants who completed the *Walktober* End of Program evaluation.

### Male/Female Ratio



■ Male ■ Female

### Team/Individual Participation

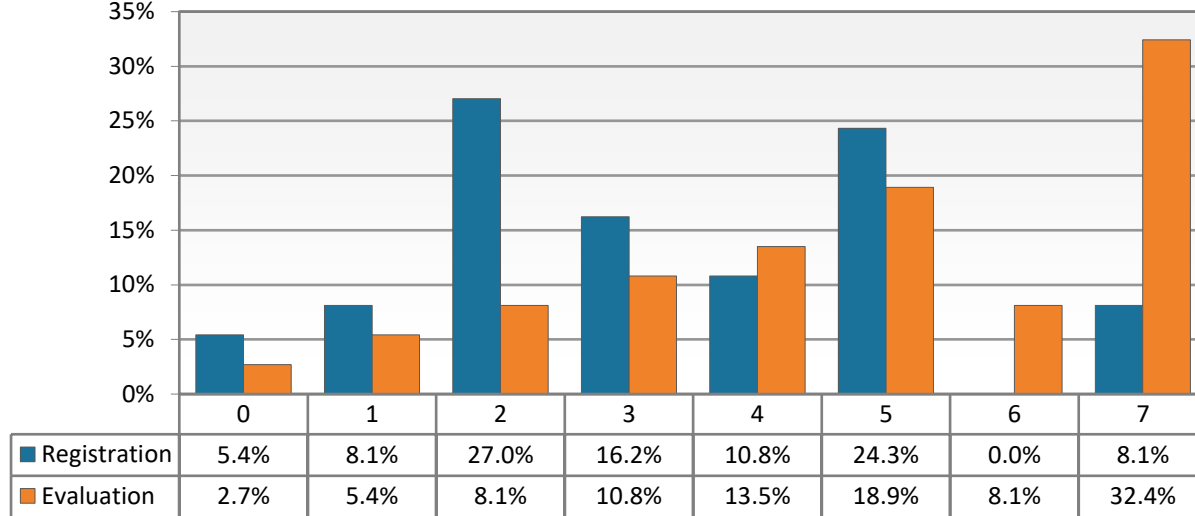


■ Team ■ Individual

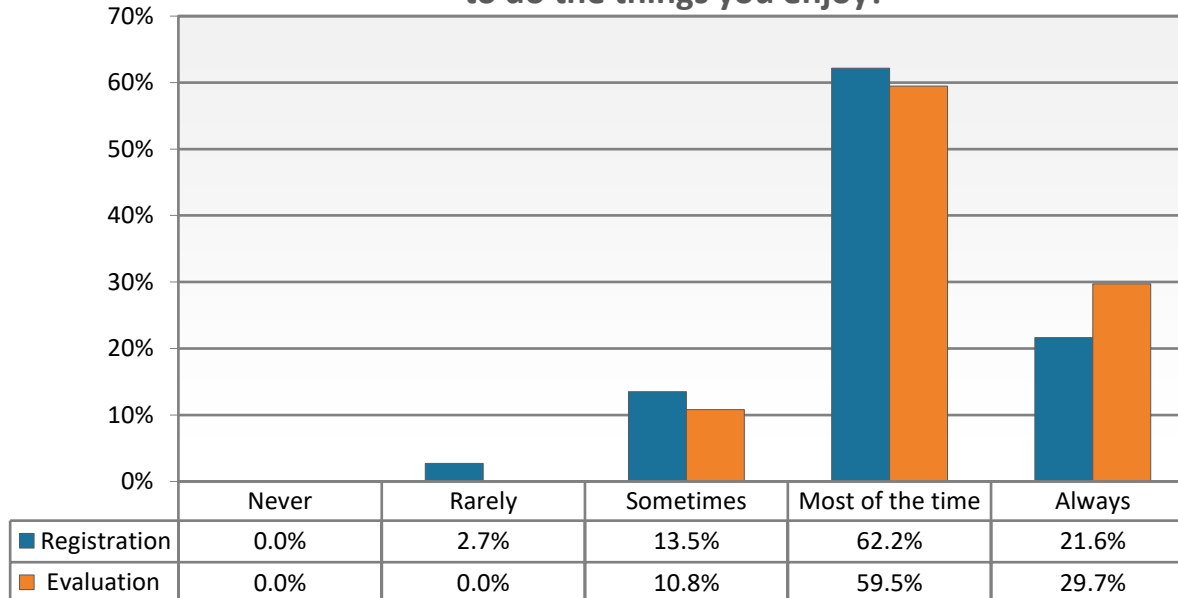
### Top 5 Teams

<u>Team Name</u>	<u>Score</u>
Wellness Walkers	154.6
Walk to Beer	143.0
Geezers	138.0
BOE Solemates	134.3
CO Hikers	129.2

### How many days a week are you physically active (on average)?



### In the last month, how often did you have enough energy to do the things you enjoy?



## Future Challenge Topics



### What participants liked most:

"The encouragement to get moving everyday and the team camaraderie."

"I liked getting the leaves and seeing where I was traveling too."

"I particularly liked that I am able to sync my Fitbit and not have to enter the information manually."

"It was something that could easily be done on our lunch hour and still reach our goal for number of leaves to collect."



### Success Stories:

"It not only encouraged me to walk to get in some exercise, but it also assisted me in my weight loss journey."  
-Colleen Clarke

"Didn't walk as much as I wanted to but I ended up making changes, like parking further away from the entrances and exits to buildings to encourage me to take more steps per day. I only lost 5 pounds but with no diet change or other exercise I think that's pretty great." -Kallia Wade

"Along with the walking, I watched what I ate and lost 7 pounds." -Glennis Brady