# HES

Program Results

Logging: **October 1-31, 2018**

Total registered participants: **260**
Total completed evaluations: **76**
Evaluation completion percentage*: **29%**
Total participants who met goal: **153**
Goal completion percentage: **58%**
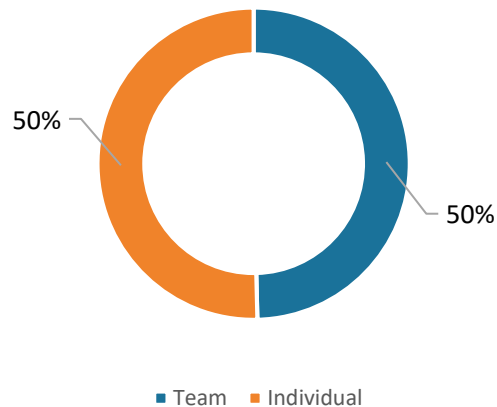Mobile app participants**: 114**

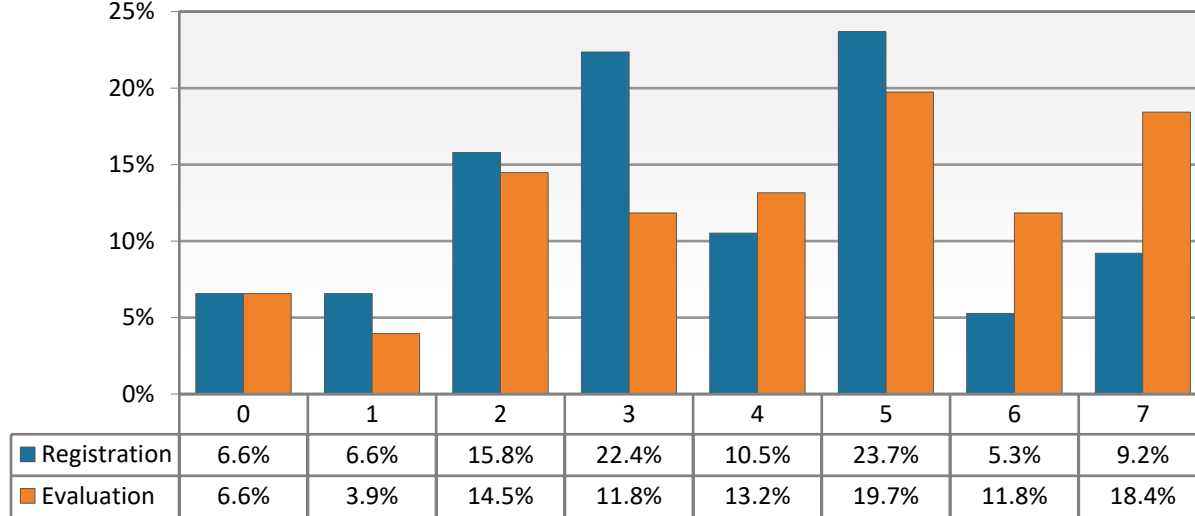*The following data is based on participants who completed the *Walktober* End of Program evaluation.

WALKTOBER™

Gender Ratio

0%
16%
84%

■ Male ■ Female ■ Prefer not to answer
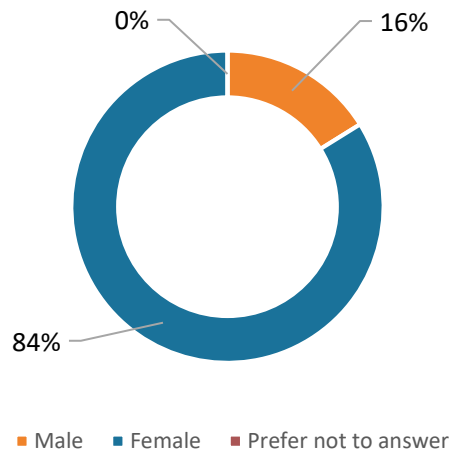
Team/Individual Participation

50%
50%

■ Team ■ Individual

Top 5 Teams

Team Name	Score
The Kick Starters	153.2
Not Lost, Just Walking	152.2
The Tribe	147.8
Boom Shaka Laka	141.0
Speech Team	134.8

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

	0	1	2	3	4	5	6	7
■ Registration	6.6%	6.6%	15.8%	22.4%	10.5%	23.7%	5.3%	9.2%
■ Evaluation	6.6%	3.9%	14.5%	11.8%	13.2%	19.7%	11.8%	18.4%

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

	Never	Rarely	Sometimes	Most of the time	Always
■ Registration	1.3%	1.3%	22.4%	52.6%	22.4%
■ Evaluation	0.0%	2.6%	11.8%	56.6%	28.9%
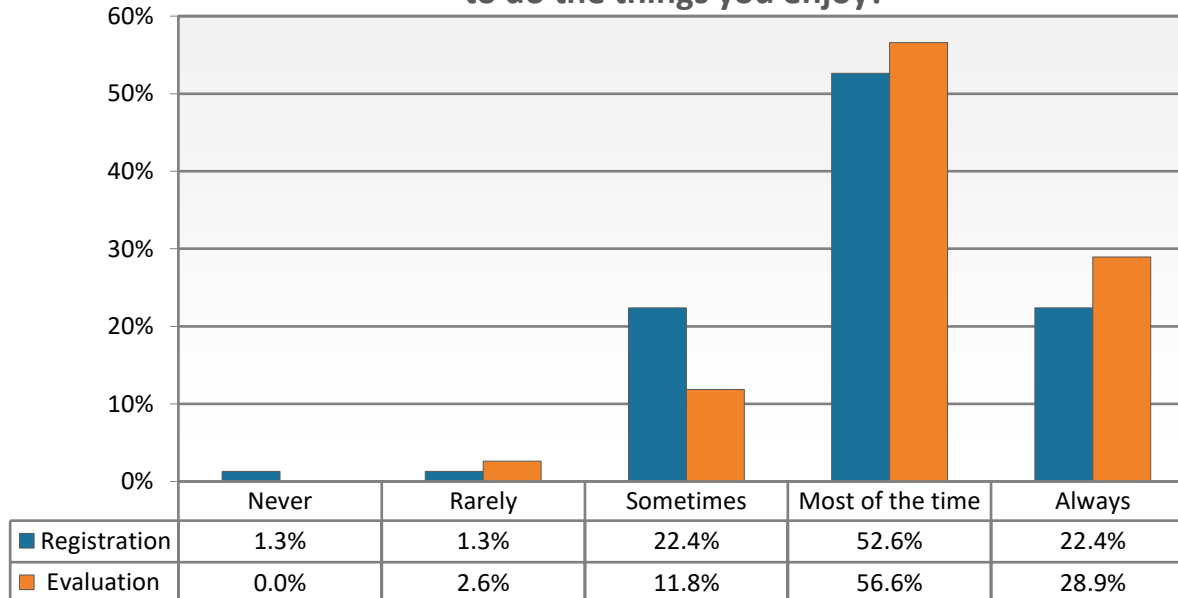
Future Challenge Topics

32%   22%   17%   29%

- Fitness
- Nutrition
- Stress
- Weight Loss
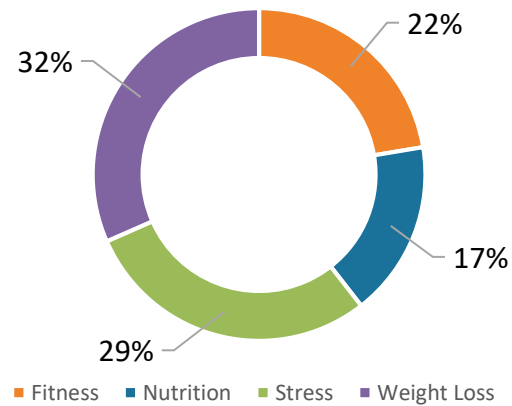
What participants liked most:

"It gave me motivation and inspiration to get out and get walking every day, visiting the parks in the area and walking home from work often."

"It was easy to sync to my fitbit so my steps were automatically submitted."

"The competition aspect."

"I liked that my team held me accountable for getting exercise everyday!"

"Being able to track my progress and seeing the visual results of doing so through the leaf count, etc. The photos were beautiful and

Success Stories:

"I walked at least 10,000 steps every day during Walktober. Getting a Fitbit as a gift from a dear friend has been crucial to getting all my steps in every day. I recently lost 60 pounds on Weight Watchers and have been trying to maintain the weight loss. An increase in my walking has been a great way to do this. Walktober is a motivating way to get people moving and talking about exercise and healthy eating." **Karen Tucker**

"Walktober inspired me to get out and see more in the Rochester area, such as Corbett's Glen, Cobbs Hill and Highland Park. This program also made me feel more community within RCSD, as we were all working towards the same goal while also having some friendly competition among us as well. I really enjoyed this program, and hope to see more in the future." **Melissa Szurgyi**

"I was wearing clothes at the end of month that didn't fit at the beginning of the month." **Richard Nenni**