

Program Results

Overall Stats

Logging: **October 9 - November 19, 2023**
Registered participants: **1905**
Evaluations submitted: **683**
Evaluation submission percentage: **36%**

Participants on a team: **1530**
Participants with 1 or more Friends: **615**
Mobile app downloads: **1203**

Leaves Earned:
59,117

Organization Leaf Goal: 28,575



16,738



14,132



28,247

Total Steps: **619,125,364**

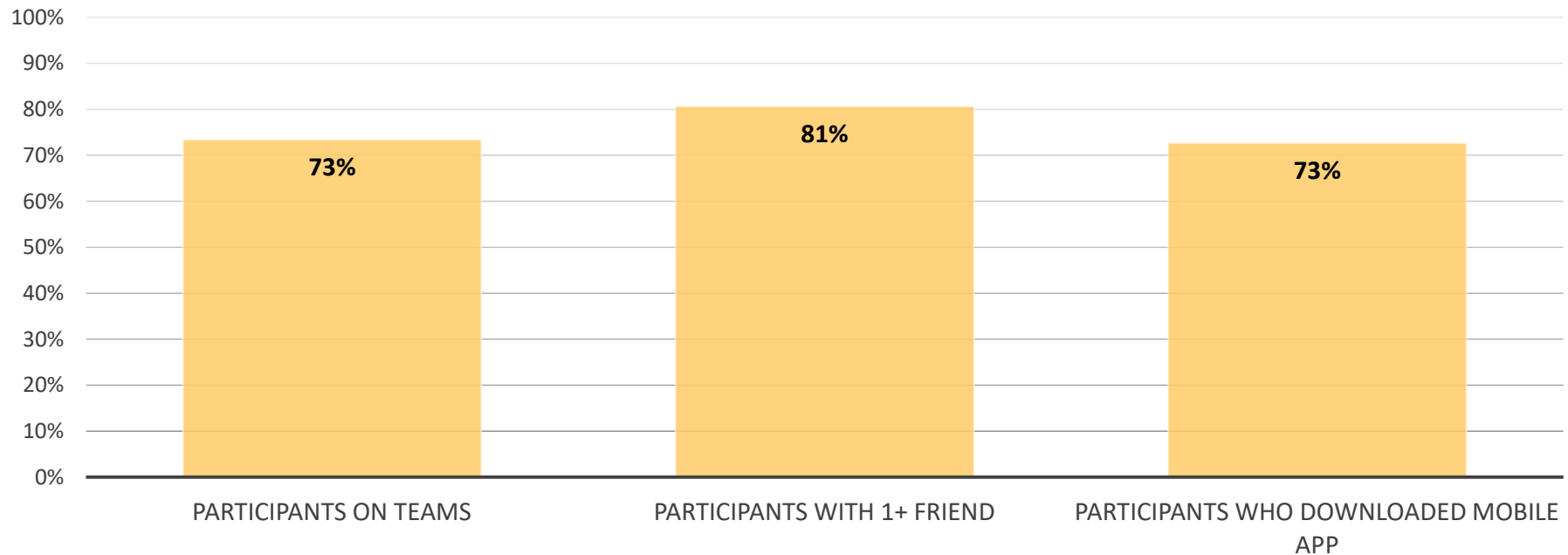
Program Goal and Achievement Rates

Goal is to earn 30 leaves by recording physical activity.

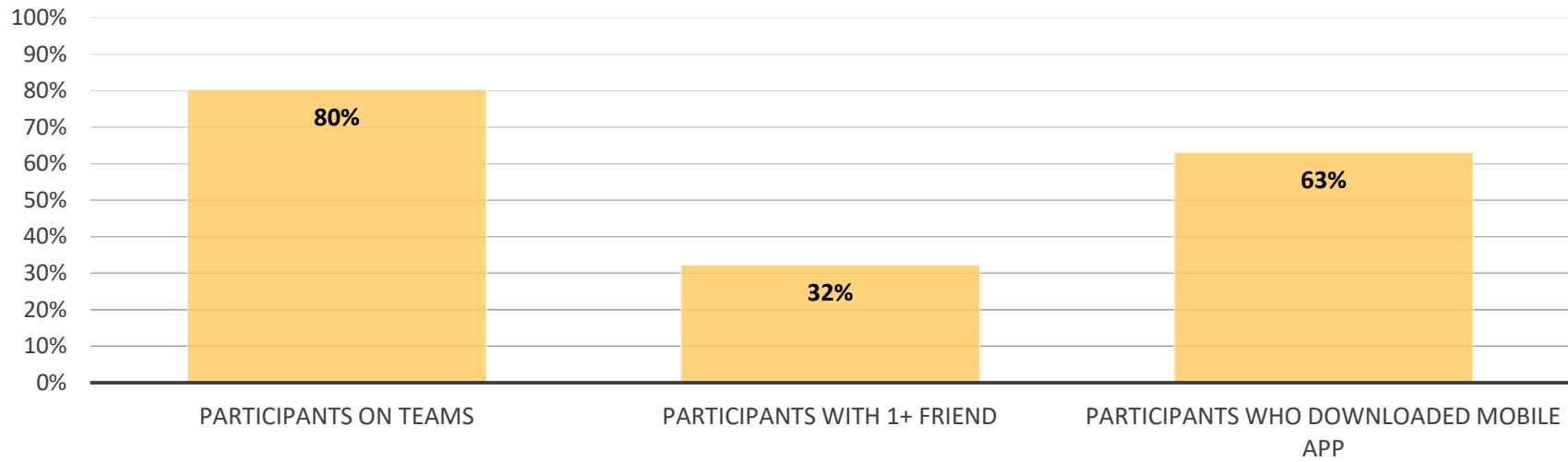
Achievement rates show the percentage of participants who met the program goal. The group with the most success meeting the goal is participants with 1 or more Friends.

Achievement Rates

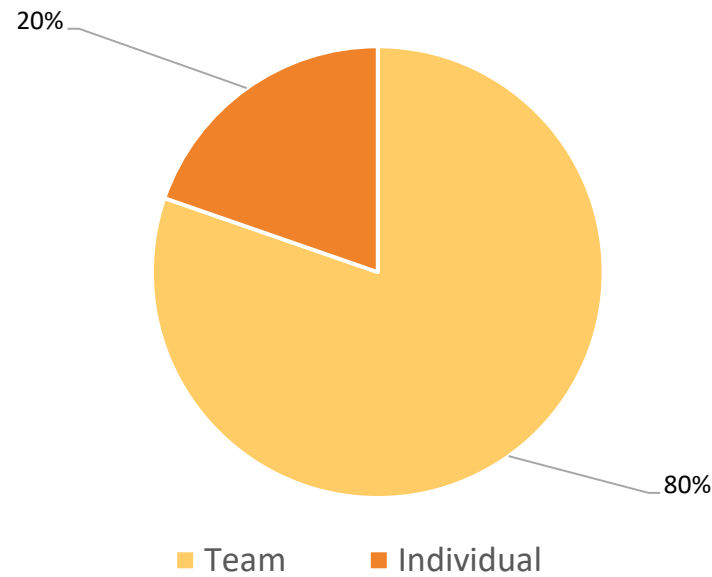
Overall achievement rate - 69%



Feature Utilization

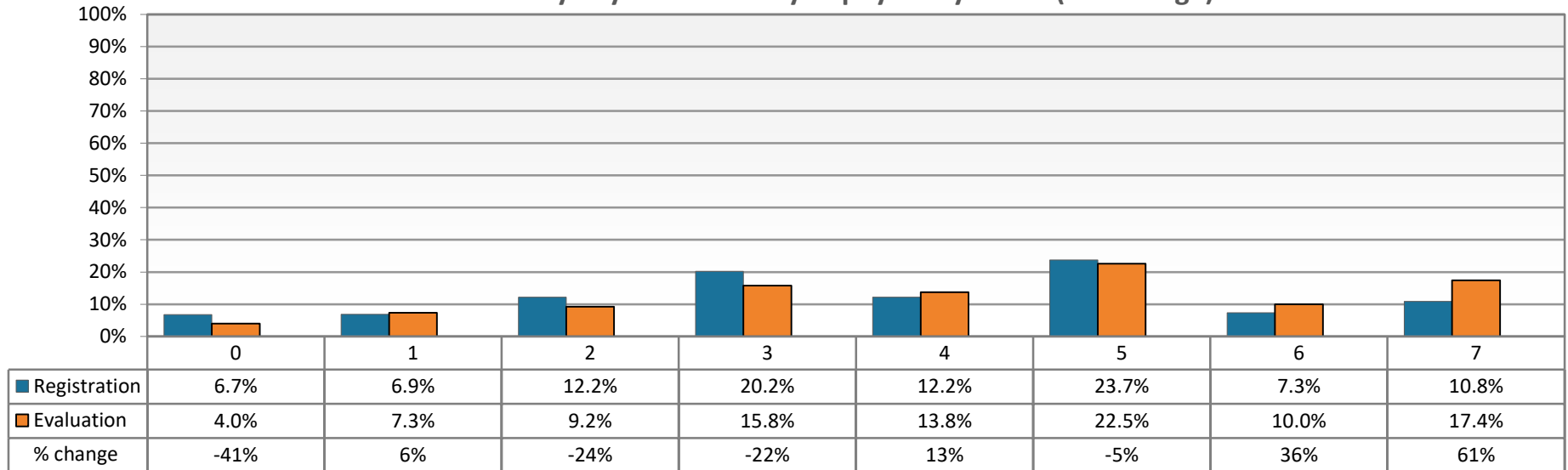


Team/Individual Participation

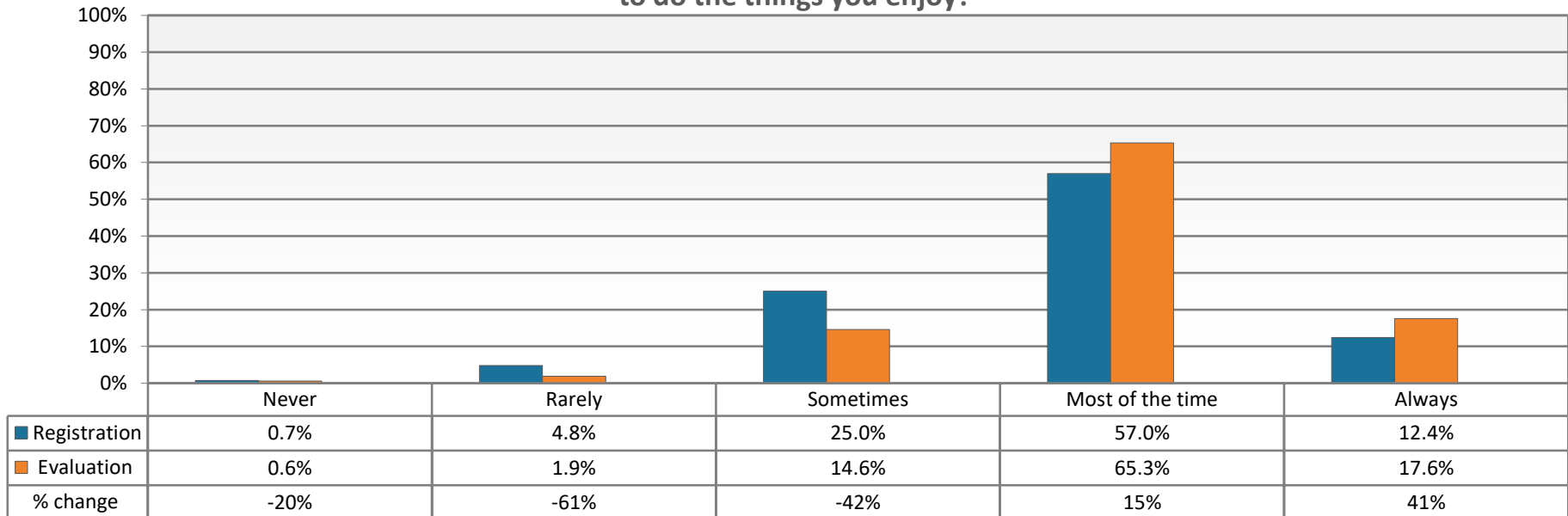


The following data is based on participants who completed the *Walktober* End of Program evaluation.

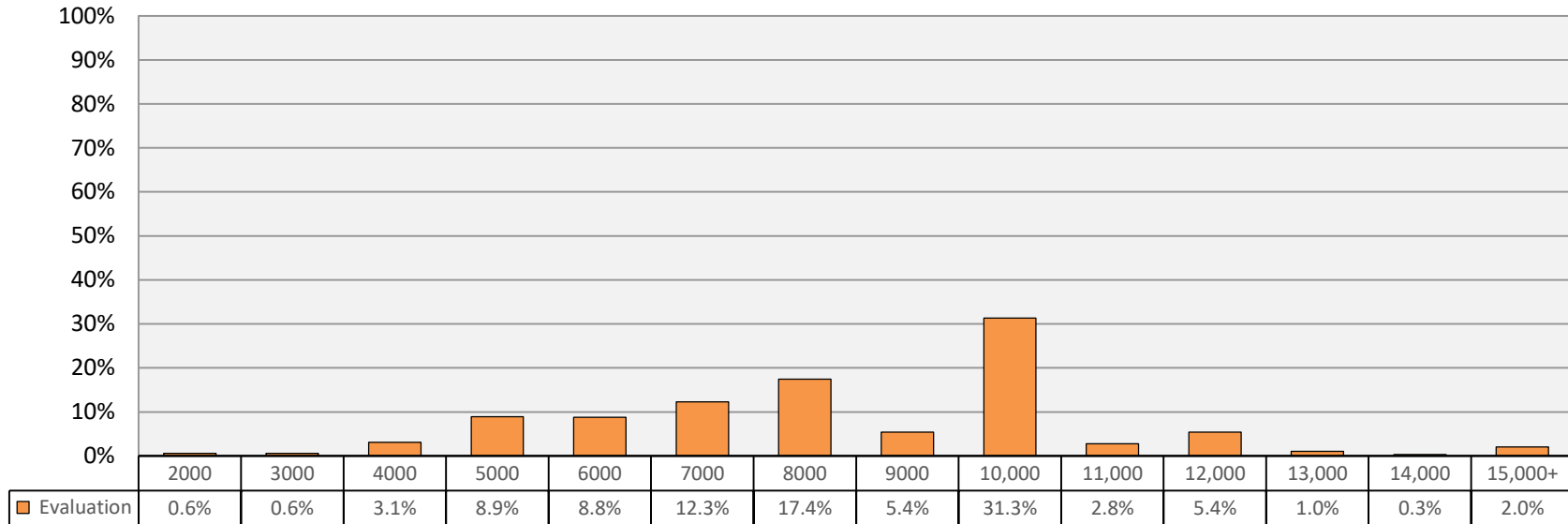
How many days a week are you physically active (on average)?



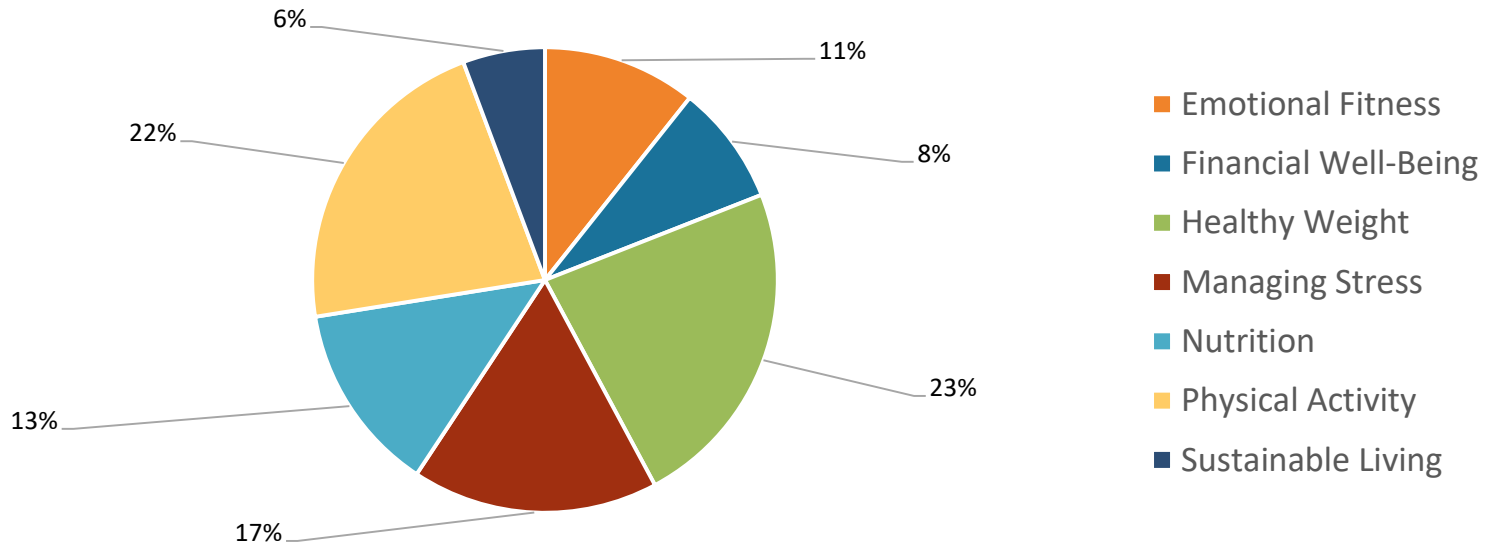
In the last month, how often did you have enough energy to do the things you enjoy?



How many steps do you need a day to feel your best?



Future Challenge Topics



Check out [HES Challenges at a Glance](#) for your next challenge ideas!



What participants liked most:

"Being able to log different activities as steps."

"Feeling enthusiastic about getting up and moving around."

"It helped me be more intentional about moving more frequently during the work day. I like the support of colleagues too. It makes a difference when the leaders/supervisors participate. Makes me feel they prioritize us to live well."

"I enjoyed the competition part, the weekly challenges and actually the emails that gave a recipe and short info about that week. I also liked that it went for a little longer than Oct."

"I enjoyed the ability to add friends and have a friends leaderboard. It also fostered relationships between me and my coworkers because we started going on midday walks together."

"Having a team for accountability purposes. Recipes and everyone encouraging each other. I also love the Wall."



Success Story:

"I didnt think 10k steps a day was possible for me. I am a person that lives with mobility challenges, and the wellness challenges have inspired me to push past my limits to be my best." -**Kimberly Nash**

"It only takes that first step and then the next. I have enjoyed my first Walktober and look forward to the next move challenge. It came at a perfect time after having bariatric surgery in early August. It has helped with my lifestyle change and made me accountable to get my steps in." -**Shari Follis**

"Several years ago I was avid treadmill runner running 15-20 miles a week. Due to job changes fell out of the habit. Last few months I was having numbness in my feet and my toes were turning pink. Walktober motivated me to buy a treadmill and restart my running program. I was having concerns I might be having symptoms of diabetes before I got active though Walktober. Intend to stay with it." - **Tim Stipp**

"This is the first time I was excising everyday for 6 weeks, it has never happened to me before. I hope I will keep it going even without the program." - **Yi Zhang**