



OCT. 1 – 31, 2018

WALKTOBER MONTH

MON	TUE	WED	THU	FRI	SAT	SUN
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	30	31				

LOG YOUR WALKING TRIPS AT [ACTIVESWITCH.CA/WORKPLACE](https://activeswitch.ca/workplace)