

# WALKTOBER WALKING CHALLENGE

October 1st - 31st, 2021

*Join the entire community for a 4-week virtual walk along the John Muir Trail from Yosemite to Sequoia National Park*



Prizes will be awarded to the person who walks the most steps during October, as well as 2 winners drawn randomly for participants who average at least 10,000 steps per day!

## **HOW TO SIGN UP:**

1. Login to your Wellness Portal at [www.wellworksforyoulogin.com](http://www.wellworksforyoulogin.com)
2. Click Menu at the top of the page and then select Challenges
3. Click 2021 Walktober Walking Challenge event to view the Challenge Dashboard, and click Join
4. Select how you would like to appear on the Leader Board to proceed to the Challenge Dashboard

## **DON'T HAVE AN ACCOUNT?**

1. Click the link to create an account as a New Member
2. Enter your Company ID:
  - TFHS Employees and Spouses: 11727
  - Community Members: 11890

## **TRACK YOUR STEPS:**

Track your steps using one (1) of the following methods:

1. **Devices and Apps:** Sync your device or everyday fitness app to the Wellness Portal by clicking Devices/Apps>Device/App Connect>Connect Device/App. Locate your device and follow the prompts to sync with the Wellness Portal.
2. **Manual Entry:** Track your steps in the Challenge Dashboard by clicking the + Track Steps button located under the My Progress section

*Check your email throughout the challenge for ideas and reminders on how to increase your steps*

For more information,  
email [wellness@tfhd.com](mailto:wellness@tfhd.com)  
Follow Tahoe Forest Health System!

