

WALKTOBER 2026

NAME:

Get BINGO by completing 5 activities in a row – horizontally, vertically, or diagonally.
You may complete up to 3 squares per day.
Complete every square on your card (blackout) and be entered to win \$250.
Each completed BINGO also earns an entry into a separate \$100 drawing.
Once your card is complete, upload it to Hilltophappenings@htop.org

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Ten-Minute Trek Take a 10 minute walk DATE:	Step It Up Reach 8,000+ steps DATE:	Better Together Walk with a friend or coworker DATE:	Meeting in Motion Hold a walking meeting DATE:	Park & Pursue Park farther away than normal DATE:
Choose Your Own Adventure Try a new route DATE:	Sights & Sounds Stroll Notice 5 things you see and 4 you hear DATE:	Post-Meal Meander Walk after a meal DATE:	Movement Break Take a 5-minute active break DATE:	Walking Buddy Invite someone to walk DATE:
Phone-Free Footsteps Walk without checking your phone. DATE:	Smile Search Walk and find things that make you smile DATE:	 <i>Free Space - Your walk, your way! Choose any movement</i>	Lunch Lap Take a walk during your meal break DATE:	Walk 'n Talk Catch up with someone while walking DATE:
Workspace Escape Take your meal break away from your workspace DATE:	Fresh-Air for Five Spend 5 minutes moving outside DATE:	Fall Color Quest Find something red, orange, and yellow DATE:	Unplug & Wander Go screen-free for 30 minutes DATE:	Loosen Up Stretch or do yoga for 5 minutes DATE:
Fifteen-Minute Fall Stroll Walk for 15 minutes DATE:	Walktober Snapshot Share a photo from your walk on Viva or send to HilltopHappenings@htop.org DATE:	Stress-Reset Stroll Walk slowly and take 10 deep breaths DATE:	Twenty-Minute Trek Walk for 20 minutes DATE:	High-Five for 5k Reach 5,000+ steps DATE: