



WALKTOBER 2022

Frequently Asked Questions

What are the dates for WALKTOBER 2022?

WALKTOBER begins on October 1st and runs through October 31st.

How do I register?

Participants register online at www.livesmartoni.com/walktober or with their LIVESMART Ambassador by September 30th. You may register as an individual or with your team (four participants).

Do I need to be on a team to participate?

While participating on a team of four is encouraged, you may participate as an individual. Either way, each person needs to track and report their steps individually to receive campaign credit.

How do I track my steps?

Wear your free LIVESMART pedometer or other personal fitness tracker to track your steps daily. Record your steps in your LIVESMART portal or using your paper tracking log found in your WALKTOBER participant guide.

How do I log my steps in the LIVESMART portal?

Visit www.livesmartoni.com/livesmart-portal to access the portal. Register for the portal (if not done previously) using the instructions found in your participant guide. Beginning October 1st, you will find the WALKTOBER campaign by clicking on the “Campaign” icon at the top of the page. You may also sync a personal fitness tracker (ie FitBit, Garmin, etc) by downloading the portal app for your smartphone (see instructions in participant guide).

What is the “thrive challenge” for WALKTOBER?

Spend time in nature this month to reap additional physical and mental health benefits. Choose 3 of the thrive challenge actions to complete each week. Complete all 5 weeks of thrive challenges for an entry into the prize drawing. Share a picture of you completing the thrive challenge activities each week for an additional entry (up to 5 entries)

How do I submit my steps for WALKTOBER?

1. LIVESMART Portal - if you record your steps in the portal, you do not have to turn anything in. **Please make sure you have recorded steps for at least 4 weeks to be eligible for campaign credit.** The campaign will close on November 12th and you will not be able to add/edit steps after this point.
2. Paper Tracker - please submit your completed tracker to your LIVESMART Ambassador by November 4th.

How many steps do I need to get each day?

There is no minimum number of steps per day for campaign credit. However, we encourage participants to aim for 6,000 to 10,000 steps per day, depending on current fitness level and physical abilities. Make sure you record at least four out of five weeks to get campaign credit. Always consult your doctor before increasing activity levels.

What do I get if I complete WALKTOBER?

Submit your steps in your LIVESMART portal or a completed tracker to your LIVESMART Ambassador by November 4th to get campaign credit and the completion prize. If you complete the “thrive challenge”, you will also be entered into the prize drawing.