

WALKTOBER 2024

Frequently Asked Questions

What are the dates for WALKTOBER 2024?

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

Do I need to register to participate?

No registration is needed to participate.

Do I need to be on a team to participate?

LIVESMART is not organizing or tracking team participation for this campaign. If you would like to personally track your participation alongside friends, loved ones or coworkers, we encourage it!

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 Amazing "ONI" Race?

The Amazing "ONI" Race is an optional challenge that allows you to "walk" through each city with an ONI affiliate location. Simply find your city on the map (found on page 3 of your participant guide) and track your steps as you travel through each city. Once you have walked 310,000 steps and returned to your city, you have completed The Amazing "ONI" Race. Scan the QR code in your guide or visit www.livesmartoni.com/walktober to record your race completion and be eligible for additional prizes. There will be prizes for the first ten participants who complete the race and for the first three race completers from each company.

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 10th 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 8th

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 8th to get campaign credit and the completion prize. If you complete The Amazing "ONI" Race, you will have the opportunity to be eligible for additional prizes.