

# WALKTOBER



5<sup>th</sup> OCTOBER  
to 1<sup>st</sup> NOVEMBER  
2020

**SIGN UP NOW**  
[ACTIVETRAVELLOGGER.IE](http://ACTIVETRAVELLOGGER.IE)

**TEAMS OF 3-6**  
**GIFT VOUCHERS**  
**AND OTHER GREAT**  
**PRIZES TO BE WON!**

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**TFI** TRANSPORT  
FOR  
IRELAND

# TAKE PART IN **WALKTOBER 2020**

**5<sup>TH</sup> OCTOBER – 1<sup>ST</sup> NOVEMBER**

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- ✘ Walktober is a fun, free & team building annual event to encourage you to take more daily steps and increase your activity levels.
- ✘ Drive less, sit less & step more! **Can you go the extra step?**
- ✘ Create/Join a team of 3-6 people on **activetravellogger.ie**
  - + Log your daily steps on the Active Travel Logger (video tutorials provided)
- ✘ Compete against other teams in your organisation and around the country to make it to the top of the Leaderboard.
- ✘ Take part in the weekly competitions and win some great prizes!

Register now: **[www.activetravellogger.ie](http://www.activetravellogger.ie)**

For more information: **[www.stepchallenge.ie](http://www.stepchallenge.ie)**