

WALKTOBER

Participant Guide

1

Register on the Active Travel Logger

- Form a team of 3 to 6 people and appoint a team captain.

Each team member must register for an account on the [Active Travel Logger](#). If you have taken part in previous challenges, you can use your existing account.

2

Log in to the Active Travel Logger

Once you're logged in:

- Click **'Join a Challenge'** to get started.
- Select **'Walktober Step Challenge 2025'** to join the challenge.
- If you're going to be the Team Captain, then you can click **'Create a new team'**.
- If you're going to be a Team Member, you can click **'Join a team'**.
- To change your team name, leave your team, or delete it entirely, please contact your organisation's coordinator.
- Check out the step-by-step video tutorials on www.stepchallenge.ie for more assistance.

3

Track your Steps

Use a smart device or app to monitor your daily steps.

- Take time to familiarise yourself with your device and app so you can provide step data if requested.
- You may be asked to verify your steps as part of the challenge's quality check procedures.

4

Log your Steps

You can log your steps either daily or weekly, just make sure it's before the deadline.

To log your steps:

- Sign into your Active Travel Logger account.
- Go to **'My Dashboard'**, then click **'Log My Activity'**
- Scroll down to the calendar and select the relevant date.
- Ensure the **'Steps'** option is selected.
- Enter your total number of steps for that date.

Note: You can only backlog your steps for a maximum of 8 days. Activities such as cycling or swimming do not count toward your step total.

5

Winning!

At the end of the Challenge, there are great prizes up for grabs, including:

- Top 3 Teams on the Workplace and Campus Leaderboards.
- Best Workplace and Best Campus.
- Prize draws for teams ranked in the Top 50, 100, 200 and 300 on the overall leaderboard.

There are lots of great prizes to be won throughout the Walktober challenge. All you need to do is enter our weekly competitions and keep walking. For more information, visit the [Walktober Competition page](#).

For More Information:

For details on Walktober including resources, video tutorials, weekly competition winners and FAQ's please visit www.stepchallenge.ie. You can also contact your Organisation Coordinator or email stepchallenge@nationaltransport.ie.

