



JOIN THE COMPETITION

# 2022 WALKER TRACKER CHALLENGES

*You're already taking steps each day, why not track them to earn rewards?*



Walker Tracker is a program that allows you to track and record your healthy activities and participate in challenges to earn rewards. After you join a challenge in Walker Tracker, you can sync your fitness tracker or mobile device to automatically record your activity.

**Don't have a fitness tracker? No problem! You can quickly record and submit your activity on the Walker Tracker website or mobile app.**

If you need assistance using Walker Tracker, contact your Wellness Champion.

## THERE ARE THREE CHALLENGES IN 2022:

### Mindful Movement

📅 January 10 – February 20

**Goal:** Earn a minimum of 21 points a day for 42 days for a total of 875 points

### Caribbean Island Hop

📅 June 6 – July 17

**Goal:** Track a minimum of 6,000 steps a day for 42 days for a total of 252,000 steps

### Epic Trails Around the Globe

📅 October 3 – November 13

**Goal:** Track a minimum of 6,000 steps a day for 42 days to help your team location track 252,000 total steps



## COMPLETE ALL THREE CHALLENGES TO EARN A \$50 AMAZON GIFT CARD.\*

To join, log in or register at

[MODOTMSHP.WALKERTRACKER.COM](https://MODOTMSHP.WALKERTRACKER.COM)

For more details please see the 2022 Wellness Program Guide or contact your Wellness Champion.

\*MoDOT & MSHP active employees and non-medicare retirees enrolled in an Anthem BCBS medical plan are eligible for the 2022 Walker Tracker gift card and random drawing prizes. Spouses and dependents are not eligible for Walker Tracker prizes and incentives.

## ABOVE AND BEYOND IN 2022

In addition to the three Walker Tracker challenges, you can track and record healthy activities to participate in two additional challenges:

### National Employee Health & Fitness Day

📅 May 18

**Goal:** Track 10,000 steps during the 1-day challenge

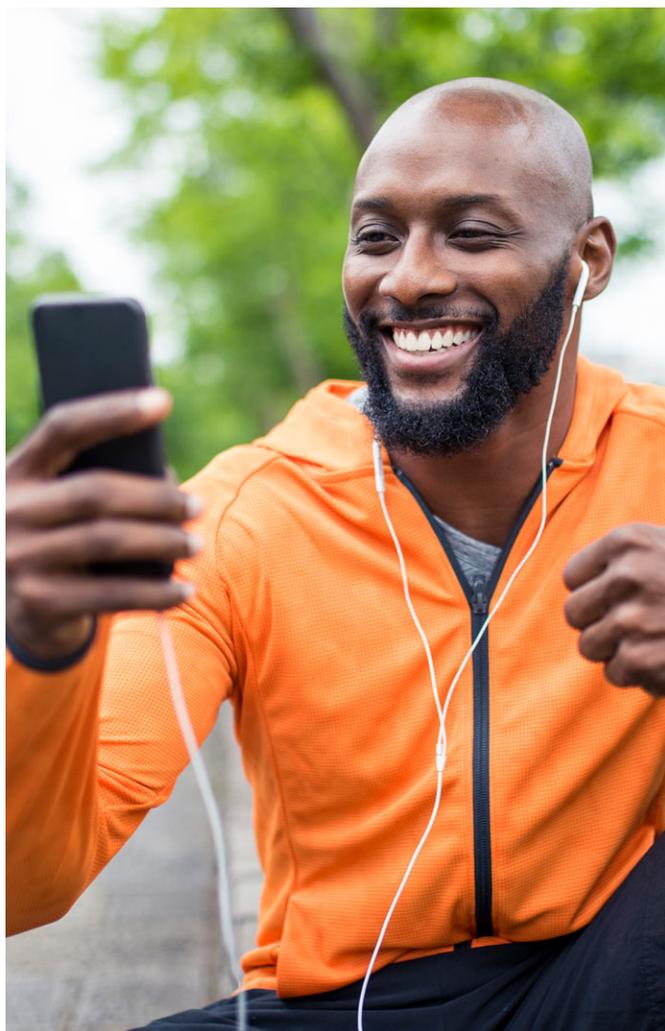
**Prize:** Stainless steel cup (100 winners total selected)

### Annual Virtual 5K

📅 September 12 – 16

**Goal:** Track 10,000 steps in at least 1 out of the 5 days

**Prize:** 40 Fitbit 3's & 10 AirPods (50 winners total selected)



TO JOIN, LOG IN OR REGISTER AT

[MODOTMSHP.WALKERTRACKER.COM](https://MODOTMSHP.WALKERTRACKER.COM)

For more details please see the 2022 Wellness Program Guide or contact your Wellness Champion.

OR SCAN THE QR CODE  
WITH YOUR SMARTPHONE



\*National Employee Health & Fitness Day and Annual Virtual 5K participation is not eligible for the \$50 Amazon gift card incentive for completion of the 2022 Walker Tracker Challenges. The Walker Tracker Program and challenges will be separate of the 2022 Anthem It Pays to Be Well Program.