

# WALKTOBER

## PARTICIPANT GUIDE

### Login to ATL

Once you're logged in, you will see a dashboard where you can do the below:

- The first thing you'll need to do is **'Join a Challenge'**.
- Click on the **'Walktober Step Challenge 2024'** to join.
- 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'**.
- Check out the step-by-step video tutorials on [www.stepchallenge.ie](http://www.stepchallenge.ie) for more assistance
- To change team names or move teams prior to the competition beginning contact [stepchallenge@nationaltransport.ie](mailto:stepchallenge@nationaltransport.ie)

1

### Register on the ATL and Form a Team

- Get together in a team of minimum 3 to maximum of 6 people and appoint a 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 that account

### Log your Steps

Either daily or once a week **before the deadline:**

- Sign into your **Active Travel Logger** account.
- Go to **'My Dashboard'** and then **'Log My Activity'**.
- Scroll down to the calendar and **select the date**.
- Make sure you have selected the **'Steps'** option.
- Input your total number of steps for the selected date.

**Note:** You will only be able to **backlog your steps for a maximum of 8 days** and other activities such as cycling or swimming do not count.

2

3

### Track your Steps

**Use a smart device or app to track your daily steps.**

Familiarise yourself with your Smart device and application so you can provide evidence of your steps if required.

You may be asked for this as part of the competition's quality check procedures.

4

### Winning!

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

- Top 3 Teams on both Leaderboards.
- Best Workplace and Best Campus.
- Prize draws for the Top 50 ,100,200 teams on the Overall Leaderboard. And more!

Lots of great prizes to be won throughout the Challenge. All you need to do is enter our weekly competitions and keep stepping.

For more information. Visit [Walktober Competition page](#)

5

### For more information:

For more information on **Walktober** including resources, video tutorials, weekly competition winners and FAQ's please visit [www.stepchallenge.ie](http://www.stepchallenge.ie)

If you still haven't got your answer, contact your Organisation Coordinator or email [stepchallenge@nationaltransport.ie](mailto:stepchallenge@nationaltransport.ie)