

▪ **Fall Campaign: *Walktober***

- Summary of 2015 participation rates (individual)
 - 595 participants, 59 teams
 - 71% participants logged activity 4 out of 7 days during the first week
 - 253 people (43%) logged all 7 days
 - 54% of participants logged activity 9 out of 14 days
 - 61% of participants logged activity 15 out of 21 days
 - 63% of participants logged activity 20 out of 31 days
- Overall average = 58 minutes per day of activity
- Overall average days logged = 20 days (~ 4 days per week)

Location	# Participants	# Location	% Location
Penny Creek	25	56	45%
Jackson	22	50	44%
Woodside	26	61	43%
Community Resource Center	78	199	40%
Emerson	24	61	39%
Gateway	24	66	38%
Evergreen	30	85	35%
Mill Creek	36	59	34%
North	22	65	34%
Sequoia/Port Gardner/Online High School	18	54	33%
View Ridge	15	50	32%
Everett	41	149	28%
James Monroe	18	64	28%
Whittier	13	47	28%
Jefferson	17	68	26%
Lowell	18	69	26%
Hawthorne	17	67	25%
Forest View	15	63	24%
Garfield	13	55	24%
Athletics Stadium/Transportation	8	37	22%
Heatherwood	16	76	21%
Cascade	35	172	20%
Eisenhower	12	70	17%
HM Jackson	28	171	16%
Madison	10	64	16%
Silver Lake	6	64	9%
Cedar Wood	5	59	8%
Silver Firs	3	48	6%

- **Fall Wellness Activities**

- Weight Watchers at Work
 - 2 meetings in session (CRC, Mill Creek)
 - Northern meeting opportunity (Garfield) 11/18
- Drop - in sessions
 - Onsite wellness opportunity at each location:
 - Provide resources and support for staff health and well-being
 - Fall 2015 Topic: Tips to lighten up traditional holiday fair
 - Onsite sessions: 11/13 – 12/17
 - Opportunity to continue to get to know ESD and each school location
- Maintain Don't Gain
 - Winter campaign to support health, well-being, and self-care while providing accountability through the holiday season