**#Walk CWRU Statistics**

**In all, 354 CWRU folks registered.**

31 Faculty

199 Staff

124 Students

Of those folks, 174 met the standard of 250,000 steps or 1,000 minutes of exercise in October 2018.

That number included 16 Faculty, 106 staff and 51 students.

193 people filled out the log for every week of the program. Of those people:
173 **Walkers** averaged 319,720 total steps or just over 10,000 steps a day.

The walker with the most steps tallied 789,455 steps.

20 **Minute Counters** averaged 1539.5 minutes of exercise or about 30 a day.

The person with the most minutes totaled 2,395 minutes during the month.

Of the 130 people who filled out the survey, 84% rated the program Very Good or Excellent!

**The Prize winners** (randomly selected from those who returned their logs).

3 grand prizes - wireless speakers

|  |  |
| --- | --- |
| Dave B | Staff |
| Michael C | Staff |
| Shelly W | Staff |

20 completion prizes - long sleeved t-shirts

|  |  |
| --- | --- |
| Craig C | Faculty |
| Phuong D | Student |
| Biswa D | Staff |
| April D | Staff |
| Hadrian D | Staff |
| Megan F | Student |
| Kalpana G | Staff |
| Jamie J | Staff |
| Genevieve K | Staff |
| Amanda K | Staff |
| Amanda L | Student |
| Mindy M | Staff |
| Alex O | Student |
| Elizabeth S | Faculty |
| Kathy S | Staff |
| Lindsey S | Staff |
| Emma Joy S | Student |
| Lori S | Student |
| Bea T | Student |
| Lydia W | Student |

Week 1 winner – Bluetooth water bottle

|  |  |
| --- | --- |
| Rachel B | Staff |
| Theresa C | Staff |
| Jodie M | Student |
| Joan S | Faculty |
| Peng W | Staff |

Week 2 winner – 2 weeks at 121 or Next Level

|  |  |
| --- | --- |
| Heather B | Staff |
| Janice G | Staff |
| Nigel M | Student |
| Jeff S | Staff |
| Wendy R | Staff |

Week 3 winner – wireless headsets

|  |  |
| --- | --- |
| Ryan A | Student |
| Julie A | Staff |
| Mark F | Faculty |
| Cynthia H | Staff |
| Tish M | Staff |

Week 4 winners – 2 weeks at 121 or Next Level

|  |  |
| --- | --- |
| Stephanie C | Staff |
| George L | Staff |
| Chris O | Staff |
| Anonymous | Staff |
| Lynn R | Staff |