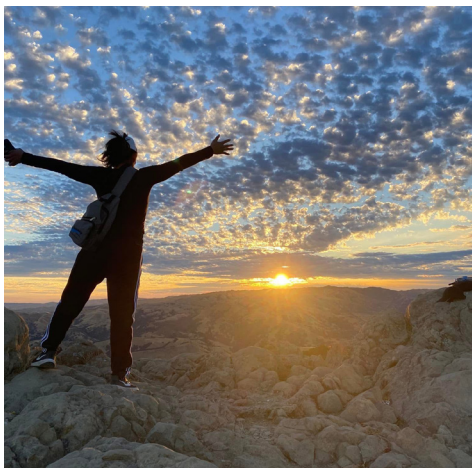




WALKTOBER™

2026



Explore your world with Walktober

Get inspired to move this fall with Walktober from Go KP — a virtual journey to spectacular destinations as you track your activity.

Invite your co-workers to join the fun and form a team of 4 to 40 members, or go it alone.

Register now at kp.org/gokp.

Earn Points Daily

- 6,000 steps a day = 3 points



- 8,000 steps a day = 4 points



- 10,000+ steps a day = 5 points



- 1 additional point is available each Thrive Thursday for teams only

Ways to Win

Early bird registration:

- Register an official team by September 18 and be entered into a random prize drawing.

Weekly winners:

- Individuals that earn at least 5 leaves within a week will be entered into a weekly random prize drawing.

Top winners:

- Top-scoring individuals and teams earn recognition and bragging rights.

Program Dates

Sep 14 Registration opens

Oct 1 Program starts

Oct 31 Program ends

Questions?

Contact healthyworkforce@kp.org.

Note: Photographs featured were submitted by KP staff who participated last year.

gokp kp.org/gokp

© 2026 Kaiser Permanente. For internal use only.

healthyworkforce
For the people who power KP