



Movement Matters

for your energy and your mood

Join SCCOE on the Walker Tracker app

With Walker Tracker you:

- **Pick your preferred activities** - *Need not be a walker.*
- **Set your own goals** - *No steps requirements or fitness standards to meet*
- **Can team up with others or use individually**
- **Enjoy monthly prize drawings**

Go to:

<https://SCCOEWELLNESS.WALKERTRACKER.COM>

CONNECT WITH SCCOE ON WALKER TRACKER TODAY!



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- **From a browser:** Go to sccoewellness.walkertracker.com. Click “Register Now”
 - **From a mobile device:** Install the Walker Tracker app from your App store or Google Play. Once installed, enter our URL:
sccoewellness.walkertracker.com
 - **View Walker Tracker video guides** on how to register, link a device, or add your favorite activities to track progress

Questions? Email [Tricia Zamora](mailto:Tricia.Zamora@sccoewellness.com) or call (408) 453-3616.