September Monthly Mindful Challenge Final

Please take the follow up Monthly Mindful Challenge survey below.

We're you able to take the challenge and get a walk in during your work day?  

☐ Yes  
☐ No

What did you notice on the days you were able to walk in terms of how you felt, either physically, mentally or otherwise?

__________________________________________

Are there any factors keeping you from walking that you are able to change?

__________________________________________

Would having marked walking trails outdoors near MUSC have any effect on the amount your walked for health?

__________________________________________