



## Schedule and Deadlines

Date	Time	Event
10/5/2025		<b>Week 1 Begins - Move with Jayhawk Spirit &amp; Baby Jay!</b>
10/5/2025	8:30 a.m.	<u>3rd Annual Rock Chalk Run</u> - Edwards Campus, Overland Park
10/7/2025	12:10 p.m.	Walk with Baby Jay. Meet in front of KS Union.
10/13/2025		<b>Week 2 Begins - Move with Pets &amp; Mass St. Mutts!</b>
10/13/2025	12:10 p.m.	Deadline: Submit Week 1 minutes ( <u>weekly tracker</u> ) & photos ( <u>teams channel</u> or email) for random weekly prize drawing!
10/14/2025	12:10 p.m.	Walk with <u>Mass St. Mutts</u> . Meet in front of Chalmers Hall.
10/15/2025	12:10 p.m.	Move-N-Learn tour of Robinson Weight room. Meet in 102 Robinson.
10/16/2025	12:10 p.m.	Move-N-Learn Pure Barre Pop-Up. Meet at Potter Lake Dance Pavilion (A concrete platform just west and up the hill from the lake and behind Carruth O'Leary Hall. You'll see us!)
10/20/2025		<b>Week 3 Begins - Move in Nature &amp; the Beauty of Fall</b>
10/20/2025	12:10 p.m.	Deadline: Submit Week 2 minutes ( <u>weekly tracker</u> ) & photos ( <u>teams channel</u> or email) for random weekly prize drawing!
10/21/2025	12:10 p.m.	Nature walk. Meet in front of the Campanile. We'll walk through and/or around Marvin Grove to the Audio Reader Sensory Garden.
10/22/2025	3:30 p.m.	Wellbeing <u>Faculty Staff Rapport Mixer</u> , sponsored by Office of Civil Rights & Title IX. KU Memorial Union, Hawks Nest. <u>Registration Requested</u> .
10/27/2025		<b>Week 4 Begins - Walk n' Roll Movetober Finale</b>
10/27/2025	12:10 p.m.	Deadline: Submit Week 3 minutes ( <u>weekly tracker</u> ) & photos ( <u>teams channel</u> or email) for random weekly prize drawing!
10/28/2025	12:10 p.m.	Walk with members of the Marching Jayhawks. Meet in front of Watson Library.
10/29/2025	12:10 p.m.	<u>Lunch-N-Learn with Sabrena Jo: Keep the Momentum Going after Movetober. Zoom.</u> Register to receive connection details.
10/31/2025		Last day of Movetober
11/6/2025	5:00 p.m.	<b>Last day to submit all minutes (weekly tracker).</b>
11/7/2025	12:10 p.m.	Final Prizes & Recognition Announced! Way to Move, Jayhawks!!

Email us at [wellness@ku.edu](mailto:wellness@ku.edu) or visit [wellness.ku.edu/movetober](https://wellness.ku.edu/movetober)