

## Program Registration for WVU Employees, Students & Family Members

Join us in our 27th Annual Walk 100 Miles in 100 Days® program! This is a 15-week program sponsored by the Wellness Center at WVU Medicine that encourages participants to develop the habit of walking at least one mile a day as a form of exercise. Although we state that the goal for participants is to walk at least one mile per day for 100 days, there is no limit as to how many miles can be reported per day. Other forms of equivalent aerobic exercises also count (use a scale of 20 minutes = one mile).

Participants can purchase a commemorative Walk 100 Miles in 100 Days® t-shirt for a nominal fee!

Follow these registration steps to participate:

1. Assemble a team and designate a team captain who will be the contact person to complete and submit the team registration form, collect and submit the t-shirt fees from team members, and distribute t-shirts to team members at the end of the program.
2. **T-shirts cost \$5.00 each.** Please make checks payable to: “WVU Hospitals” or “WVUH”.
3. Team captains will submit by May 30 the team registration form along with the total amount of t-shirt fees collected from team members to the Wellness Center at WVU Medicine at the following address:

**The Wellness Center  
PO Box 9146  
One Medical Center Drive  
Morgantown, WV 26506**

4. Make copies of the mileage tracking form and distribute to each team member to track their miles on a Monday-Sunday schedule. **Please do NOT submit these forms to us.**
5. Upon completion of the program, the Wellness Center will contact the team captain about distributing t-shirts for team members.

If you have questions, please contact the Wellness Center at [wellnesscenter@hsc.wvu.edu](mailto:wellnesscenter@hsc.wvu.edu).

# WVU Team Registration Form – 2021 Walk 100 Miles in 100 Days®

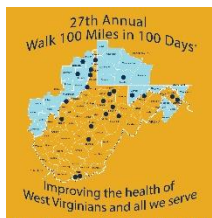
Team Name: \_\_\_\_\_ Team Captain Name: \_\_\_\_\_

Department: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Email : \_\_\_\_\_

	First Name:	Last Name:	T-Shirt Size:	Indicate: WVU Employee / WVU Student / Spouse / Dependent / Other
1			<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2X <input type="checkbox"/> 3X <input type="checkbox"/> 4X	<input type="checkbox"/> Emp. <input type="checkbox"/> Student <input type="checkbox"/> Spouse <input type="checkbox"/> Dep. <input type="checkbox"/> Other
2			<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2X <input type="checkbox"/> 3X <input type="checkbox"/> 4X	<input type="checkbox"/> Emp. <input type="checkbox"/> Student <input type="checkbox"/> Spouse <input type="checkbox"/> Dep. <input type="checkbox"/> Other
3			<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2X <input type="checkbox"/> 3X <input type="checkbox"/> 4X	<input type="checkbox"/> Emp. <input type="checkbox"/> Student <input type="checkbox"/> Spouse <input type="checkbox"/> Dep. <input type="checkbox"/> Other
4			<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2X <input type="checkbox"/> 3X <input type="checkbox"/> 4X	<input type="checkbox"/> Emp. <input type="checkbox"/> Student <input type="checkbox"/> Spouse <input type="checkbox"/> Dep. <input type="checkbox"/> Other
5			<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2X <input type="checkbox"/> 3X <input type="checkbox"/> 4X	<input type="checkbox"/> Emp. <input type="checkbox"/> Student <input type="checkbox"/> Spouse <input type="checkbox"/> Dep. <input type="checkbox"/> Other
6			<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2X <input type="checkbox"/> 3X <input type="checkbox"/> 4X	<input type="checkbox"/> Emp. <input type="checkbox"/> Student <input type="checkbox"/> Spouse <input type="checkbox"/> Dep. <input type="checkbox"/> Other
7			<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2X <input type="checkbox"/> 3X <input type="checkbox"/> 4X	<input type="checkbox"/> Emp. <input type="checkbox"/> Student <input type="checkbox"/> Spouse <input type="checkbox"/> Dep. <input type="checkbox"/> Other
8			<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2X <input type="checkbox"/> 3X <input type="checkbox"/> 4X	<input type="checkbox"/> Emp. <input type="checkbox"/> Student <input type="checkbox"/> Spouse <input type="checkbox"/> Dep. <input type="checkbox"/> Other
9			<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2X <input type="checkbox"/> 3X <input type="checkbox"/> 4X	<input type="checkbox"/> Emp. <input type="checkbox"/> Student <input type="checkbox"/> Spouse <input type="checkbox"/> Dep. <input type="checkbox"/> Other
10			<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2X <input type="checkbox"/> 3X <input type="checkbox"/> 4X	<input type="checkbox"/> Emp. <input type="checkbox"/> Student <input type="checkbox"/> Spouse <input type="checkbox"/> Dep. <input type="checkbox"/> Other
11			<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2X <input type="checkbox"/> 3X <input type="checkbox"/> 4X	<input type="checkbox"/> Emp. <input type="checkbox"/> Student <input type="checkbox"/> Spouse <input type="checkbox"/> Dep. <input type="checkbox"/> Other
12			<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2X <input type="checkbox"/> 3X <input type="checkbox"/> 4X	<input type="checkbox"/> Emp. <input type="checkbox"/> Student <input type="checkbox"/> Spouse <input type="checkbox"/> Dep. <input type="checkbox"/> Other
13			<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2X <input type="checkbox"/> 3X <input type="checkbox"/> 4X	<input type="checkbox"/> Emp. <input type="checkbox"/> Student <input type="checkbox"/> Spouse <input type="checkbox"/> Dep. <input type="checkbox"/> Other
14			<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2X <input type="checkbox"/> 3X <input type="checkbox"/> 4X	<input type="checkbox"/> Emp. <input type="checkbox"/> Student <input type="checkbox"/> Spouse <input type="checkbox"/> Dep. <input type="checkbox"/> Other
15			<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2X <input type="checkbox"/> 3X <input type="checkbox"/> 4X	<input type="checkbox"/> Emp. <input type="checkbox"/> Student <input type="checkbox"/> Spouse <input type="checkbox"/> Dep. <input type="checkbox"/> Other
16			<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2X <input type="checkbox"/> 3X <input type="checkbox"/> 4X	<input type="checkbox"/> Emp. <input type="checkbox"/> Student <input type="checkbox"/> Spouse <input type="checkbox"/> Dep. <input type="checkbox"/> Other
17			<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2X <input type="checkbox"/> 3X <input type="checkbox"/> 4X	<input type="checkbox"/> Emp. <input type="checkbox"/> Student <input type="checkbox"/> Spouse <input type="checkbox"/> Dep. <input type="checkbox"/> Other
18			<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2X <input type="checkbox"/> 3X <input type="checkbox"/> 4X	<input type="checkbox"/> Emp. <input type="checkbox"/> Student <input type="checkbox"/> Spouse <input type="checkbox"/> Dep. <input type="checkbox"/> Other
19			<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2X <input type="checkbox"/> 3X <input type="checkbox"/> 4X	<input type="checkbox"/> Emp. <input type="checkbox"/> Student <input type="checkbox"/> Spouse <input type="checkbox"/> Dep. <input type="checkbox"/> Other
20			<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2X <input type="checkbox"/> 3X <input type="checkbox"/> 4X	<input type="checkbox"/> Emp. <input type="checkbox"/> Student <input type="checkbox"/> Spouse <input type="checkbox"/> Dep. <input type="checkbox"/> Other

Team Captains: Please return this form along with t-shirt payments to The Wellness Center by May 30.



# Mileage Tracking Form (WVU)

## 2021 Walk 100 Miles in 100 Days®

Name: \_\_\_\_\_

Team Name: \_\_\_\_\_

### Reminder:

- \* 20 minutes of aerobic exercise = 1.0 mile
- \* You can track and record all miles completed without a weekly cap

	wk1 5/31	wk2 6/7	wk3 6/14	wk4 6/21	wk5 6/28	wk6 7/5	wk7 7/12	wk8 7/19	wk9 7/26	wk10 8/2	wk11 8/9	wk12 8/16	wk13 8/23	wk14 8/30	wk15 9/6	Grand Total:
Monday																
Tuesday																
Wednesday															X	
Thursday															X	
Friday															X	
Saturday															X	
Sunday															X	
Totals:																

Please Note: Track your miles each week on a Monday through Sunday except Week 15 which is only two days (September 6 & 7)

Please do not submit this form to the Wellness Center.