



## Community Members Program Packet

Join us in our 28th Annual Walk 100 Miles in 100 Days® program! 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).

### How to Participate:

Community members can participate on their own by using the individual mileage tracking form included in this program packet. Walking teams can also be formed by community members that want to participate in the program together and they have the option to indicate their team name on the tracking form.

### Program Participation Waiver:

I understand that *Walk 100 Miles in 100 Days*® is a voluntary program that may involve strenuous physical activity. I further recognize that any injuries I may sustain are not the responsibility of the Wellness Center at WVU Medicine. I assume the risks for any injury that may occur to me while participating in this program.

Information on ordering a T-shirt will be shared at a later date.



## Individual Mileage Tracking Form

### 2022 Walk 100 Miles in 100 Days®

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

Walking Team Name (Optional) \_\_\_\_\_

**Reminder:**

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

	wk1 5/23	wk2 5/30	wk3 6/6	wk4 6/13	wk5 6/20	wk6 6/27	wk7 7/4	wk8 7/11	wk9 7/18	wk10 7/25	wk11 8/1	wk12 8/8	wk13 8/15	wk14 8/22	wk15 8/29	
<b>Monday</b>																
<b>Tuesday</b>																
<b>Wednesday</b>															X	
<b>Thursday</b>															X	
<b>Friday</b>															X	
<b>Saturday</b>															X	
<b>Sunday</b>															X	
<b>Totals:</b>																<b>Grand Total:</b>

Please Note: Track your miles each week Monday through Sunday except Week 15 which is only two days (August 29 & 30)