



Program Packet for Participants NOT Enrolled in a WVU Medicine Medical Plan

Join us in our 30th 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:

Employees at WVU, WVU Medicine & Allied Health Solutions **not** enrolled in WVU Medicine medical plan, will not have access to the Wellness Rewards portal (through Asset Health) to participate directly on a walking team. This also includes spouses of employees not enrolled in medical coverage, dependent children of all employees, WVU Students, and community members.

Instead, these individuals are encouraged to participate on their own by using the individual mileage tracking form included in this program packet. Walking teams can also be formed by individuals that want to participate in the program together and they have the option to indicate their team's 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.

T-Shirts:

Information on ordering a T-shirt will be shared by May 20 through our website:

[Walk 100 Miles in 100 Days® | Wellness \(wvumedicine.org\)](https://www.wvumedicine.org/walk-100-miles-in-100-days)

Individual Mileage Tracking Form

2024 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 5/20	wk2 5/27	wk3 6/3	wk4 6/10	wk5 6/17	wk6 6/24	wk7 7/1	wk8 7/8	wk9 7/15	wk10 7/22	wk11 7/29	wk12 8/5	wk13 8/12	wk14 8/19	wk15 8/26	
Monday																
Tuesday																
Wednesday															X	
Thursday															X	
Friday															X	
Saturday															X	
Sunday															X	
Totals:																Grand Total:

Please Note: Track your miles each week Monday through Sunday except Week 15 which is only two days (August 26 and 27)

Please do **NOT** submit this tracking form back to the Wellness Center at the end of the program. It is only used for self-tracking.



For questions, please email: wellnesscenter@hsc.wvu.edu

For more information please visit: [Walk 100 Miles in 100 Days® | Wellness \(wvumedicine.org\)](https://www.wvu.edu/Wellness)