



The 31st Annual Walk 100 Miles in 100 Days® Is Here!

The Walk 100 Miles in 100 Days® begins today and below is everything you need to know to help you complete this program.

HOW TO COMPLETE THE PROGRAM

This 15-week walking program challenges you to walk an average of one mile per day for 100 days. You will track your physical activity by inputting your daily steps (2,000 steps is equivalent to one mile). You will successfully complete the program if you record at least 100 miles (or 200,000 steps) before the program ends on **Aug. 26, 2025**. By completing the program, you will earn **100 Points** toward the **Wellness Rewards Program**! For additional details regarding the Wellness Rewards Program, [click here](#).

TRACK YOUR PHYSICAL ACTIVITY

Reporting your activity is now easier than ever. Even though participation in the program is team-based, everyone will be responsible for entering their own activity directly within the Wellness Rewards portal.

- You can enter your steps manually, or you can [sync your wearable activity tracker](#) or app for automatic reporting! Popular compatible trackers include Fitbit, Garmin, Apple HealthKit (for Apple Watch and iPhone steps), Withings, and many more!
- If you participate in activities other than walking (e.g., biking, tennis, yoga, etc.), you will have access to a steps conversion chart that will help you convert those activities into equivalent steps you can report.
- There is no cap on the number of steps you can report each day.
- You will be able to report your steps for the current day, as well as any past days through the beginning of the program. Though the program ends on Aug. 26, 2025, you will have until Sept. 5, 2025 to finish reporting your activities.

T-Shirt Order Information

T-shirt orders can be placed online through our specially licensed vendor Davis & Lee at: **Walk 100 Miles in 100 Days® T-shirts**. The deadline to order t-shirts is Sept. 5, 2025.

Questions:

If you have questions regarding the Wellness Rewards Program, please contact Asset Health at support@assethealth.com or **855-444-1255** (available from 8 a.m. to 8 p.m. ET, Monday through Friday).

You can access additional program information and FAQs on [Workday](#) or by calling HROneSource at **833-599-2100**, Monday through Friday, 7 a.m. to 5 p.m.