Join the Walking Challenge

About the Walking Challenge
The popularity of wearable activity trackers is undeniable. It seems everyone is tracking their movement as they step their way into better health and well-being.

The Walking Challenge puts your skills to the test by daring you or your team to reach your step goal of 7,500 steps a day between April 3 and May 15!

Throughout the challenge, you will not only be able to see your progress, you can also be inspired by the progress of others whose steps have propelled them to the top of the leader boards.

How to Sign Up
Sign Up Register for the Challenge as an Individual OR as a Team:
• Log into harvardpilgrim.org/wellnessaccount
• Locate the Individual or Team “Walking Challenge” banner on your dashboard and select “Sign Up”
• Review the challenge description, goal, and start/end dates
• If you are a Team Captain: Create a team, enter your team name, and click “Sign Up.” Email team members instructing them to sign up for your team
• If you are joining a team: You should have received an email from your Team Captain with your team name on it. Click on your team name, then click “Sign Up.” If your team name is not there, ask your captain if he/she has registered your team.

Track Your Steps
You may connect a step tracking device or track steps manually.
• Log into harvardpilgrim.org/wellnessaccount.
• From your Dashboard click Mobile in the Navigation bar and select “Connect Your Wearable Device”
• Select the device or app you would like to connect under “Add” then select “Connect” and follow the instructions to allow your app or device to connect with your wellness account

Please do not feel you have to purchase a device, there are many free options. For example: iHealth, Runkeeper, MapMyApplications, or MyFitnessPal.

Key Dates & Events
Challenge Launch Event
Tuesday, April 3rd, 3 – 4:30pm
Tishman Commons

Challenge Start Date
Tuesday, April 3rd

Weekly Guided Meditation Walks
Thursday, April 5th, 12:30pm
Meet in front of the Clapp Library

Final Date to Log Steps
Tuesday, May 15th by 11:59pm

Points
75 Points to be awarded at the end of the challenge

Get ready to walk confidently towards a healthier, more energetic you!

NEED HELP? Contact Harvard Pilgrim Wellness Services at (877) 984-7183 or hpwellness@hardvardpilgrim.org.