

Venture Through Virginia

Part 1: Western Virginia

Individual
Walking
Challenge

CHALLENGE DURATION
April 1–April 30



Your Challenge Journey

Step into the beauty of Virginia with **Venture Through Virginia – Part 1: Western Virginia!** This virtual walking challenge takes you on a scenic journey starting off at the exciting Virginia Creeper Trail in Abingdon and ending at the beautiful Hotel Roanoke.

Participants are **encouraged to walk 8,000 steps per day** throughout the challenge. If you are aiming to complete the entire route, walk a total of 272,000 steps throughout the 30-day challenge. Remember to set a goal that is manageable and motivating to you!

Stay consistent, build healthy habits, and enjoy the adventure one step at a time! **Stay tuned for Part 2: Eastern Virginia coming this fall!**



Sign Up for the Challenge

Web Portal:

1. Log in to the Wellness Portal: www.wellworksforyoulogin.com
2. Click **Challenges** in the sidebar
3. Click **Join** under the **Venture Through Virginia - Part 1: Western Virginia** challenge
4. Select how you would like to appear on the leaderboard and click **Join**

Mobile App:

1. Click **Challenges** at the bottom of the screen
2. Under **Available Challenges** click the **Venture Through Virginia - Part 1: Western Virginia** challenge and click **Activate**
3. Select how you would like to appear on the leaderboard and click **Activate**

Download the
Mobile App



Track Your Steps

Connect Your Devices to Start Tracking

Click on one of the following resource links for step-by-step instructions.

DEVICE & APP SYNC

[Guide PDF](#)

TROUBLESHOOTING TIPS

[Click Here](#)

No Device? Manually Track Steps:

Web Portal:

Click **Track Steps** on the **Challenges** page of the Wellness Portal. Enter the number of steps or duration ran/walked and click **+ Add Steps** for each day.

Mobile App:

Click **Activity** in the bottom right corner. Select the date and click **Confirm**. Click **Add Steps** under the Track Steps square then click **Save**.

**Manually entering steps will override any existing steps for that day, even if they came from a device/app.*



Log in to the Wellness Portal

1. Go to www.wellworksforyoulogin.com or click **Sign In** on the Wellworks For You Mobile App
2. Your username will be : **Work Email**
3. Your temporary password will be: **Date of Birth in MMDDYYYY format** including all leading zeros (no spaces, dashes, or other punctuation)
a. *Example: 05051975*
4. Click **Login** on the Web Portal or **Sign In** on the Mobile App
5. Accept the terms of the Consent Form
6. Fill in the required information