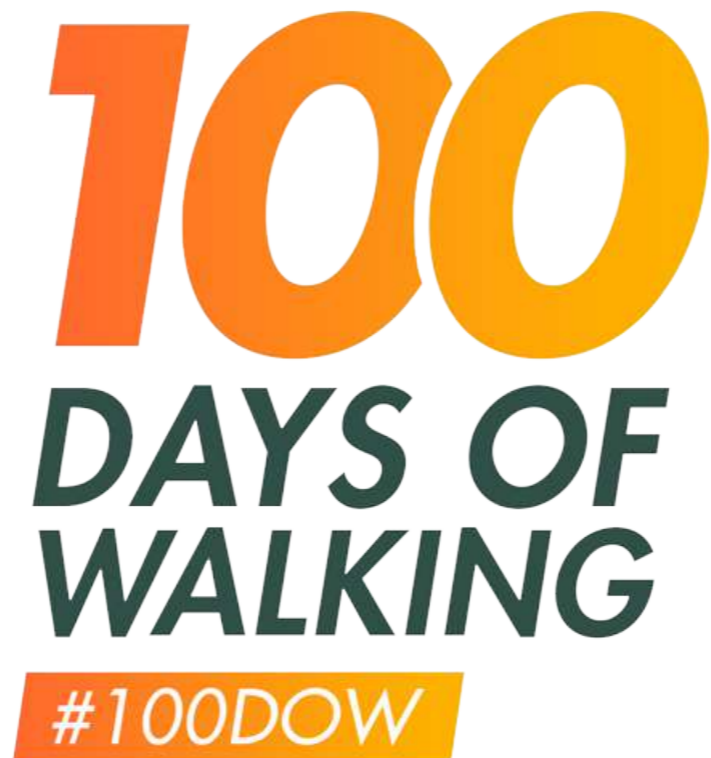


# How to use 100 DOW Mobile App



100 Days of Walking Challenge

# Register for the 100 Days of Walking Challenge

- Go to [www.100daysofwalking.com](http://www.100daysofwalking.com)
- Select your Start Date
- Register for the Challenge

The screenshot shows the registration page for the 100 Days of Walking Challenge. At the top, the logo '100 DAYS OF WALKING #100DOW' is visible, along with the email 'connect@100daysofwalking.com' and social media icons. A navigation bar includes 'HOME', 'REGISTER', 'FAQ', 'RULES', and 'CONTACT'. The main heading is 'Register'. Below this, a text block states: '100 Days of Walking Challenge starts on the first Sunday of every month. Choose the start date of your Challenge as per your resolutions & goals and complete the registration process.'

A 'Select Your CHALLENGE START DATE' section features five date options: 15 JANUARY, 01 FEBRUARY, 12 MARCH, 09 APRIL, and 05 MAY. Each date is accompanied by a walking icon.

The 'Begin your challenge on' section lists five points:

1. Once you register, you will get the 100 Days of Walking Challenge mobile app login details. Please [click here](#) to see a step-by-step guide on how to use the app.
2. We encourage you to share your participation details on Facebook.
3. We charge a participation fee to covers the operational cost (servers, maintenance and support).
4. By registering, you accept our [Terms & Conditions](#).
5. You will receive an e-certificate from 100 Days of walking after completing the Challenge.

A sample 'CERTIFICATE of Completion' is displayed, certifying that John Doe has successfully completed the 100 Days of Walking Challenge from 02 February 2020 to 11 May 2020, during which he walked 135 Miles. The certificate is signed by Rohan Karnataki, Founder of 100DaysOfWalking Challenge.

A 'REGISTER NOW' button is located at the bottom of the certificate preview.

The footer contains links for 'Terms and Conditions', 'Privacy Policy', 'Rules', and 'Advertise With Us', along with the email 'connect@100daysofwalking.com', social media icons, and the copyright notice: '© Copyright 2020 - A Hindavi Technologies Initiative'.

[www.100daysofwalking.com](http://www.100daysofwalking.com)



# Mobile App Login Details

- **Mobile App Login Details are emailed to registered email address**

## 100 DOW Message

Dear Radhakrishna Bandal,

Congratulations on joining the 100 Days of Walking Challenge! We are happy that you have decided to take a step towards a fit and healthy future.

Kindly download the 100 Days of Walking App from the following links –



You will be using the app to record your daily walks once the Challenge begins.

Please make note of your credentials to login to the 100 DOW mobile app.

**Username :** 7578003

**Password :** pwd12345

We wish you all the best for this Challenge and hope that walking becomes a daily lifestyle habit. Do let your family and friends know about our Global movement.

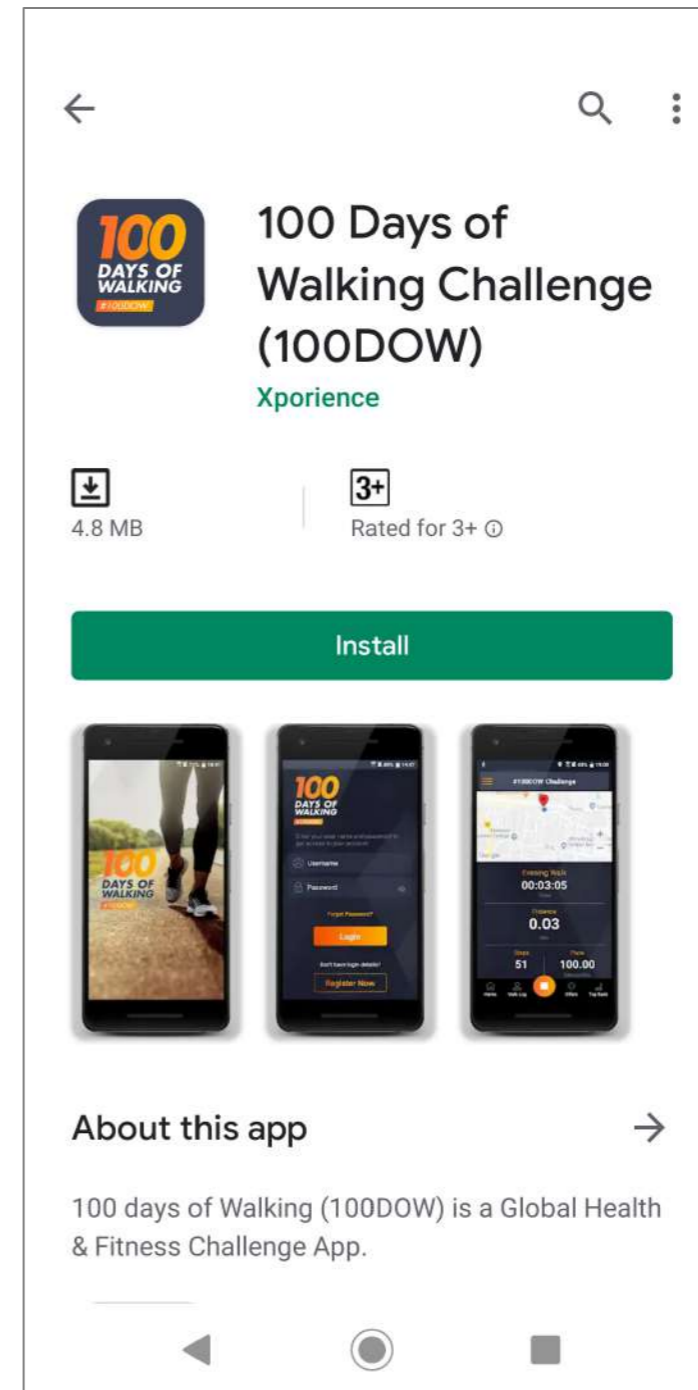
Best Regards,

100 DOW Support Team



# App Download

Search for 100 DOW or 100 Days of Walking Challenge on App Stores and download the app.

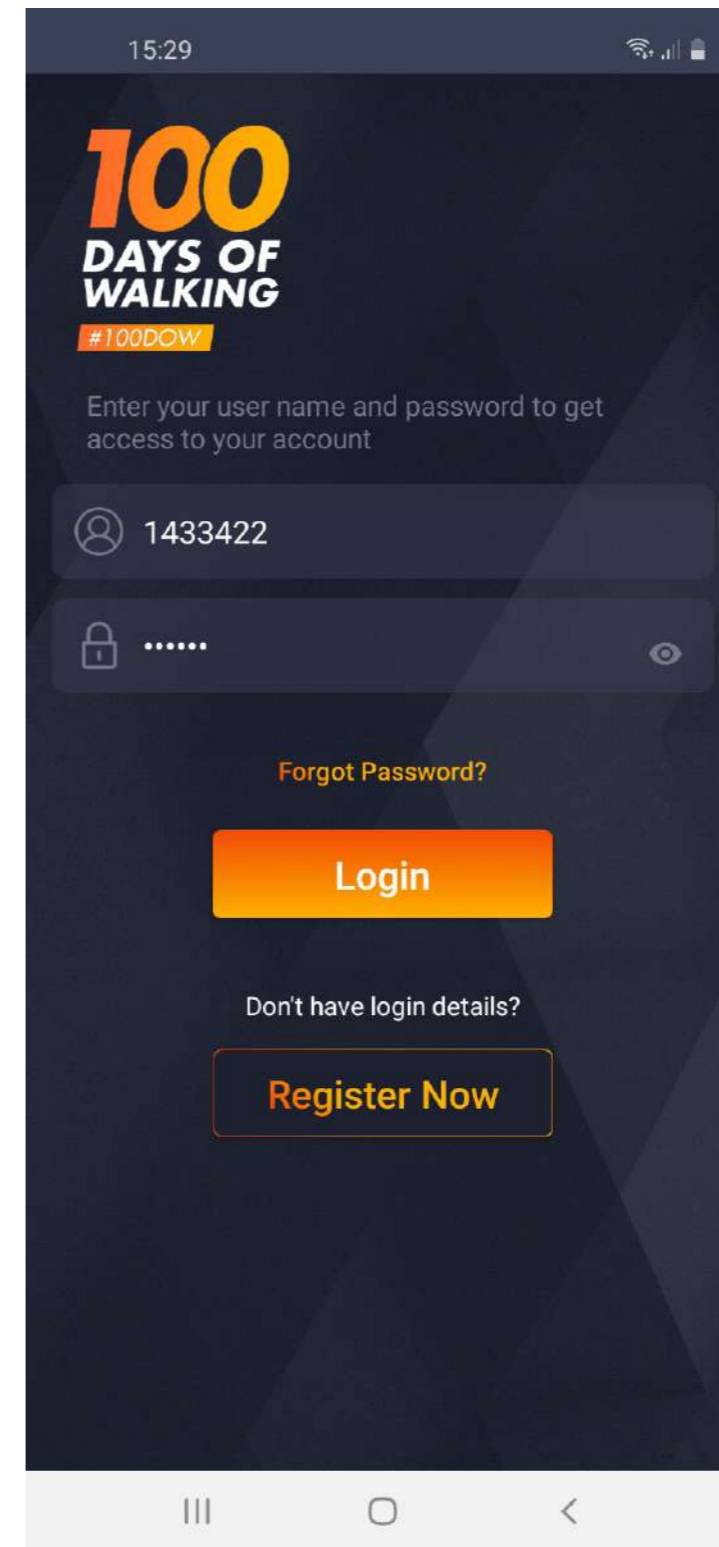


[www.100daysofwalking.com](http://www.100daysofwalking.com)



# App Login

Use the credentials sent in your email to login into the 100 DOW Mobile App




[www.100daysofwalking.com](http://www.100daysofwalking.com)



# Your Profile

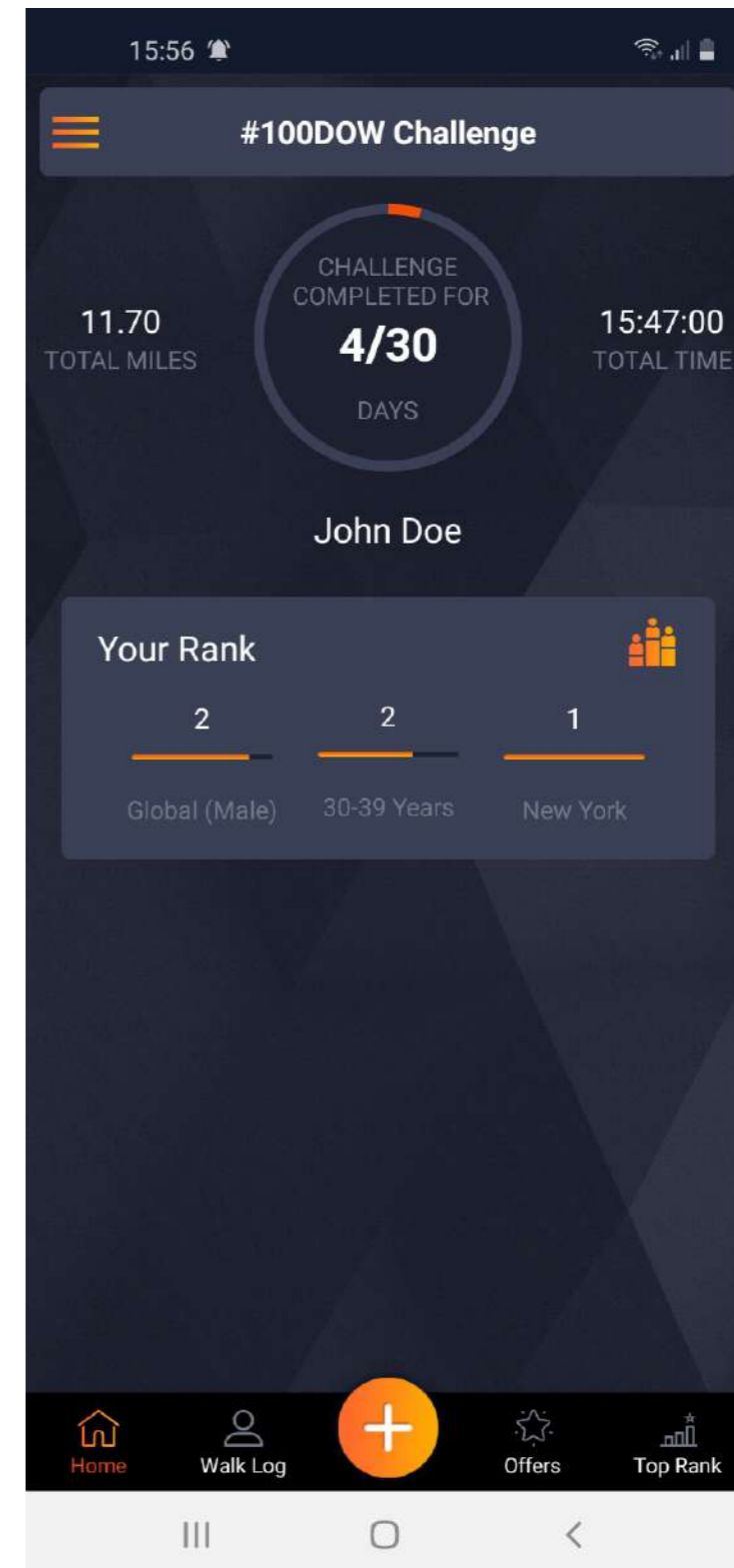
Enter profile details to view rankings and get accurate walk data.



The screenshot shows a mobile application interface for a user profile. At the top, the time is 15:31 and there are icons for Wi-Fi, signal strength, and battery. The page title is "Profile". Below the title is a circular profile picture placeholder with a pencil icon, indicating it can be edited. To the right of the profile picture, the name "John Doe" and email "qaandroid@hindavi.in" are displayed. Underneath is a section titled "About You" with several dropdown menus for personal information: Gender (Male), Birth Date (18-11-1988), Weight (80.0 kg), Height (5'11"), Country (United States), State (New York), City (New York), and Address (New York). The bottom of the screen shows a navigation bar with three icons: a list icon, a home icon, and a back icon.

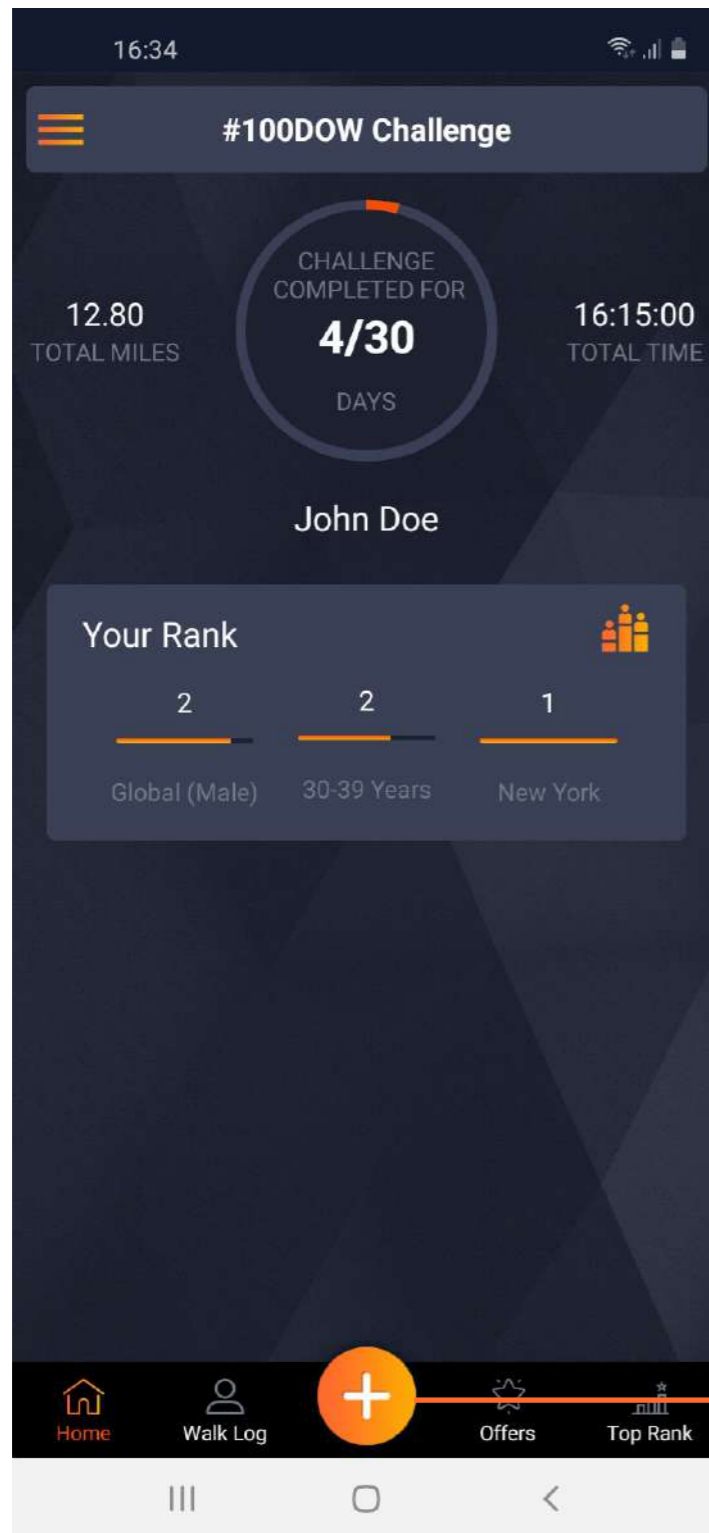
# Main Page

- No. of Days participated.
- Ranking





# Record Walk



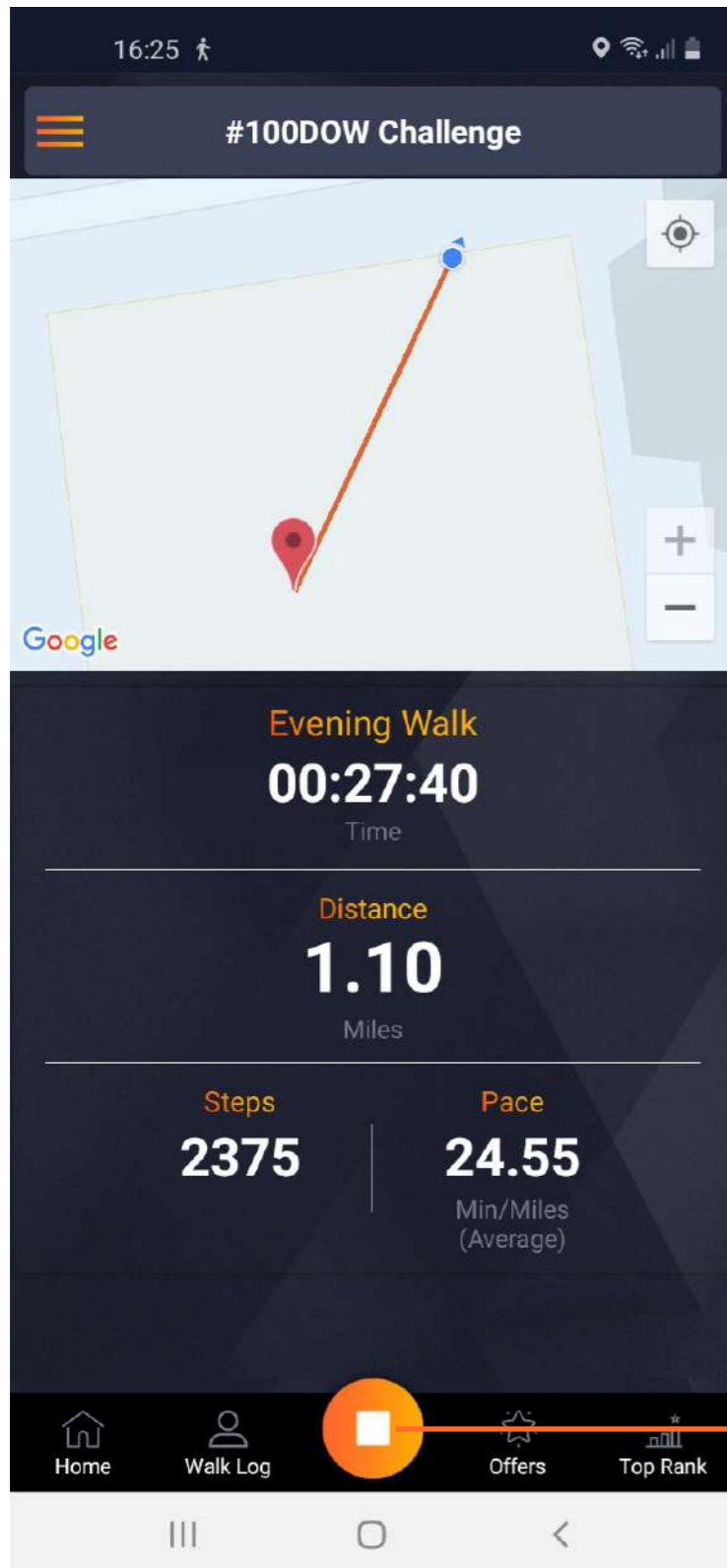
Click here to start recording your Walk

[www.100daysofwalking.com](http://www.100daysofwalking.com)





# Save Walk

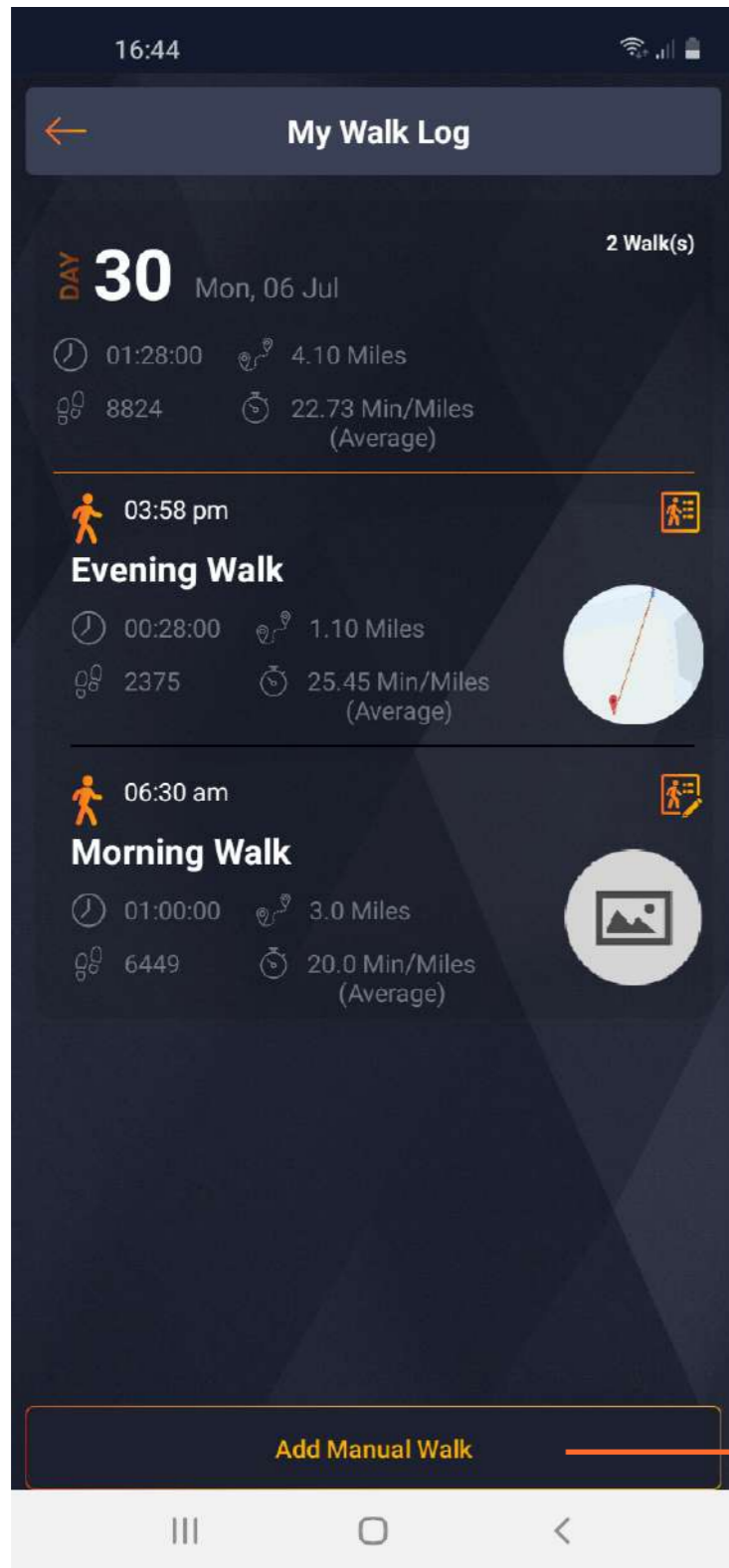


Click here to stop and  
save your walk

[www.100daysofwalking.com](http://www.100daysofwalking.com)



# Add walk manually



Click here to add  
walk manually

# View Walk Log



Click here to view  
Walk Logs

[www.100daysofwalking.com](http://www.100daysofwalking.com)



**For more information, email**  
**[connect@100daysofwalking.com](mailto:connect@100daysofwalking.com)**

**Thank You**

[www.100daysofwalking.com](http://www.100daysofwalking.com)

