

Walk Across Texas Registration Guide

What is Walk Across Texas?

- Walk Across Texas is a program to help people start moving more and establish physical activity as a lifetime habit. Doing Walk Across Texas with people you know is a great way to help keep you motivated to reach your goal! To walk across the state in eight weeks, everyone on an 8-person team must walk about 13 miles each week. **Encourage each other to meet your Lighten Up East Texas Goals!!!**

Tell me more about Walk Across Texas...

- Participants create teams of eight people or can choose to walk by yourself.
- Teams then designate a Team Captain. If you are a by yourself walker you will be your own team captain.
- The team captain must register the team on the Walk Across Texas website and log their team members' mileage each week (By Yourself Walkers will register themselves).
- Each team member will aim to walk 12-14 miles per week or 30 minutes a day at least 5 times a week.

What a Team Captain Does:

- Volunteer to be a team captain.
- Organize a team.
- Give a member packet to each team member.
- Select a name for team.
- Collect information from team members.
- Enter information from team in account on WAT! Sign In Website.
- Inform team members of important dates and activities.

What a Team Member Does:

- Complete Individual Registration Form and give to Team Captain.
- Note mileage on Individual Mileage Log.
- Call or e-mail total weekly mileage to Team Captain each week.
- Participate in Kick-off, Mid-Way and Recognition activities.
- Complete Wrap-Up Form and give to Team Captain.
- Contact Team Captain with questions and issues.

Steps for Team Captains and By Yourself Walkers:

*By Yourself Walkers skip to step 3. Also visit: <http://walkacrosstexas.tamu.edu/getting-started/by-yourself-walkers.php>

1. Attend captain training, if being offered locally.
 - Pick up team packets (Team Captain only).
 - Learn process steps and assist team members with the registration process (Team Captain only).
2. Recruit up to 7 people to be on your team with you and distribute the team packets (Team Captain only).
3. Complete Team or Individual Registration Form
 - Select team name (Team Captain only if on a team).
4. Entering Data Online
 - Log in online by going to the WAT! Sign In website (<http://walkacrosstexas.tamu.edu>)
 - Choose to walk as the Team Captain of an 8 person team or a By Yourself Walker. When prompted, select your organization from the drop down menu **Be sure to select Lighten Up East Texas as your organization!!!**
 - Register your team members (Team Captain only for teams)
 - Enter your team's miles walked in the Team Captain's account on the WAT! Sign In website. By Yourself Walkers will enter in your own miles in your account.
 - Enter the wrap-up information on the WAT! Sign In website when your 8 week program is complete
5. Attend Walk Across Texas events as offered.
6. Enter miles walked each week in the Team Captain's account on the WAT! Sign In website by Wednesday of the following week (Team Captain only).
7. Obtain Recognition Certificates from WAT! website. Team Captains distribute to your team members.

*Find forms for Team Captains at <http://walkacrosstexas.tamu.edu/tools-and-resources/forms.php>

More Information...

- For more information about Walk Across Texas including helpful tools like a mileage calculator, FAQs and videos visit: <http://walkacrosstexas.tamu.edu/> or contact your local County Extension Agent.



TEAM REGISTRATION FORM

Team Name: _____

Team Captain's Name: _____

Captain's Phone: _____

Captain's Email Address: _____

Teams can have up to 7 members plus a captain. My team is made up of the following people (from the individual registration forms)

Name	Email Address
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____

- Team Goals:**
- To enjoy being active while walking with family, friends, and co-workers during the 8 week Walk AcrossTexas! program.
 - To record on your mileage log the miles that your team submits to you weekly.
 - To encourage your teammates and others to complete their journey goal of 832 miles.
 - To have fun walking and being active!

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INDIVIDUAL REGISTRATION FORM

First Name: _____ Last Name: _____

County: _____ Zip Code: _____ Email Address: _____

Gender: Male Female Age: _____ (No ranges permitted)

Are you of Hispanic, Latino or Spanish origin?

What is your race? (select one)

Yes
 No

Anglo Asian Multiracial
 African American Native American

I wish to participate voluntarily in the Walk Across Texas! program. While it is generally not necessary to see a health care provider before beginning every-day physical activities such as walking, we encourage you to talk with your health provider about your health and exercise as part of your regular visits.

Exercise can sometimes result in injury. However, it is generally much more harmful to your health to be inactive. As a general rule, it is always a good idea to start at a level that is easy for you to build up slowly.

I agree to accept full responsibility for any injuries I may sustain while participating in this program.

Signature: _____ Date: _____

1. On most days, how many hours per day do you spend sitting while at home and/or during leisure time. This may include time spent visiting friends, reading or watching television.

Less than 1 Hour 1 Hour 2 Hours 3 Hours 4 Hours or more

2. During the past 7 days, on how many days were you physically active for at least 30 minutes per day? Add up all the time spent in any activity that increased your heart rate and made you breathe hard some of the time.

0 1 2 3 4 5 6 7

3. Where are you most physically active? (Check all that apply)

Parks or trails Home fitness center School track Work site or office place
 Local gyms or fitness centers Local mall Neighborhood

4. Why are you participating in the Walk Across Texas! (WAT) program?

Personal health Support friend/family member Employee/employer wellness program WAT event/challenge School wellness event

5. The Walk Across Texas! program goal is to log 832 miles in 8 weeks. To meet the goal, members on teams of 8 would log approximately 104 miles per person. What is your personal goal during the 8 week program?

Log _____ Miles Lose _____ Lbs.

6. Would you be interested in receiving health information on any of the following: (Check all that interest you)

Diabetes Arthritis Hypertension or high blood pressure Other: _____
 Asthma Cancer Cardiovascular disease (stroke or heart attack) _____
 Obesity Chronic pain Mobility problems (balance or gait problems) _____

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INDIVIDUAL MILEAGE LOG

Name: _____ Team Name: _____

Directions

- Record your **daily mileage** on this Individual Mileage Log.
- You may also record **pounds lost** at the end of each week, but this is optional.
- Submit your weekly total miles (and pounds lost) to your Team Captain. Also report any successes you have had (like feeling better, spending more time with your family, sleeping better, losing weight, lower blood pressure, clothes fitting better, watching less TV, etc.).
- Complete Walk Across Texas! **Wrap-Up** form and submit to your Team Captain after the 8th week.

OPTIONAL: Team members can log in their own miles using the team captain password.
Team captains must enter an email for individuals on the team to allow login.

Team captain password: _____

Miles Walked and Pounds Lost

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
Total miles each week (add numbers in the column)								
Total pounds lost each week								

Total miles you walked during 8 weeks (add all weekly total miles in above table)	
Total pounds you lost during 8 weeks (add all weekly pounds lost in above table)	

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TEAM CAPTAIN'S LOG

Team Captain's Name: _____ Team Name: _____

Team Captain's Phone Number: _____ County: _____

Directions

- Collect an **Individual Registration** form from every member and yourself before walking begins. Enter information online at: <http://walkacrosstexas.tamu.edu>.
- Record your team members = total weekly mileage (and pounds lost, if recorded) and enter online.
- In Week 7, remind your team members to complete Walk Across Texas! **Wrap-Up** and, at the end of Week 8, turn these in to you. Also inform them of the time and location for the Celebration and Recognition Activity.
- When Walk Across Texas! is over, total the miles (and pounds lost) for weeks 1 through 8, and write the totals for your team in the bottom row and last column. This information should mirror the miles/pounds entered online.
- Remember to enter any success stories online.

Team Miles Walked/Pounds Lost

Member Names	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Weekly totals of miles walked	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Weekly totals of pounds lost								
Total Team Miles Walked (add Weekly Totals above)					0.00			
Total Pounds Lost by Team Members (add Weekly Totals above)					0.00			