



WALK
ACROSS TEXAS!

TEXAS A&M AGRILIFE EXTENSION

Palo Pinto County Walking Dates

April 3- May 28, 2016

Walk Across Texas is a friendly competition to see which team can walk the most miles. The goal is for the team of eight to collectively reach 834 miles (the distance across Texas) during the eight weeks.

Team Packet

For more information contact:

TEXAS A&M
AGRILIFE
EXTENSION

Palo Pinto County Office

221 S. 5th Ave., Palo Pinto, TX

Phone; 940-659-1228

Email: palopint@ag.tamu.edu

On the Web:

palopinto.agrilife.org

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status.

The Texas A&M University System, U.S.
Department of Agriculture, and the County
Commissioners Courts of Texas Cooperating

About Walk Across Texas

- ◆ Participating is FREE!
- ◆ Teams members do not have to walk together.
- ◆ Participants can walk, jog, bike, swim, run or even dance. The Walk Across Texas website has a mileage equivalent calculator.
- ◆ Mileage will be reported weekly.
- ◆ The top three teams will receive special awards. Other prizes will also be announced.
- ◆ Schools can also participate, but an entire classroom tracks their mileage together.
- ◆ Don't have a team but would like to participate? Contact the Extension office for information about walking as an individual.

PALO PINTO COUNTY OFFICE

Thank you for your interest in Walk Across Texas!

Walk Across Texas is a friendly competition to see which team of eight can log the most miles from **April 3 – May 28, 2016**. The goal is for the team to collectively log at least 834 miles. Teams are not required to walk or exercise together, although they may if they desire. Participants can walk, jog, bike, swim, run or even dance.

Please read the following information. If you have any questions or need more information, please contact:
Texas A&M AgriLife Extension Service - Palo Pinto County Office

Phone: 940-659-1228

Email: l-babcock@tamu.edu

On the Web: palopinto.agrilife.org

What do we need to do to participate?

1. Form a team of eight people and select one person to be the team captain.
2. Name your team.
3. Complete the Team Registration Form and return it by fax, mail or email to the Palo Pinto County Office of the Texas A&M AgriLife Extension Service at the address listed above.
4. Give every team member an Individual Registration Form and Individual Mileage Log. Everyone fills out the Individual Registration Form and gives it to the captain.
5. Captains register your teams and enter the information from the Individual Registration Forms online at <http://walkacrosstexas.tamu.edu>. If a team doesn't have internet access, this information can be sent to the Palo Pinto County Extension office.
6. Walking will begin on April 3rd.
7. Everyone keeps track of their daily mileage and/or pounds lost on the Individual Mileage Log and e-mails, calls, or texts their total for the week to their team captain by Monday morning of each week.
8. Captains enter team member totals on the website <http://walkacrosstexas.tamu.edu> by Tuesday of each week.
9. Everyone needs to complete the Wrap-up form during Week 8 and return it to your team captain. Team captains will enter your Wrap-up information online.
10. The last walking day is May 28th.

Texas A&M AgriLife Extension Service – Palo Pinto County
221 S. 5th Ave. | P.O. Box 130 | Palo Pinto, Texas 76484
Telephone: 940.659.1228 | Fax: 940.659.1228 | Email: l-babcock@tamu.edu
Web Site <http://palopinto.agrilife.org>



IMPORTANT!

To finalize your enrollment, please send this completed form by April 5th to:
Texas A&M AgriLife Extension - Palo Pinto County Office
Email: palopint@ag.tamu.edu
Fax: 940-659-2655
Mailing Address: P.O. Box 130, Palo Pinto, TX. 76484
Street Address: 221 S. 5th Ave., Palo Pinto, TX. 76484

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!



Please complete and return to your team captain.

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?

Yes
 No

What is your race? (select one)

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) _____

Updated January 2016

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.
- 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 Wrap-up information for each team member and 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			

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)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total pounds lost each week								

Total miles you walked during 8 weeks (add all weekly total miles in above table)	0.00
Total pounds you lost during 8 weeks (add all weekly pounds lost in above table)	0.00

Updated January 2016

INDIVIDUAL WRAP-UP FORM

Name: _____ Team Name: _____

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. What did you like most about the program?

Setting personal goal Competition Health benefits
 Team support Flexibility of program

5. Did you or your family benefit from participating in Walk Across Texas? Yes No
Please explain: