



WALK  
ACROSS TEXAS!

TEXAS A&M AGRILIFE EXTENSION

## 2017 Palo Pinto County Walking Dates

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# MARCH 26 – MAY 20

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

### **About Walk Across Texas:**

- Participating is FREE!
- Team 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 us for information about walking as an individual.

### **For information about registering your team:**

Visit <http://palopinto.agrilife.org>  
(look under recent posts or events)  
or contact the Extension office.

TEXAS A&M  
**AGRILIFE**  
EXTENSION

Palo Pinto County Office  
221 S. 5th Ave., Palo Pinto, TX  
Phone: 940-659-1228

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 **March 26 - May 20, 2017**. 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](mailto:l-babcock@tamu.edu)

On the Web: [palopinto.agrilife.org](http://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.
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 Team & 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 March 26th.
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 will 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 20<sup>th</sup>.

Texas A&M AgriLife Extension Service – Palo Pinto County  
221 S. 5<sup>th</sup> Ave. | P.O. Box 130 | Palo Pinto, Texas 76484  
Telephone: 940.659.1228 | Fax: 940.659.2655 | Email: [l-babcock@tamu.edu](mailto:l-babcock@tamu.edu)  
Web Site <http://palopinto.agrilife.org>



## 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!

*Updated February 2017*



## 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 February 2017*



## 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								
<b>Total miles each week (add numbers in the column)</b>								
<b>Total pounds lost each week</b>								

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

*Updated February 2017*

## 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:*

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*Updated February 2017*