



## Thanks for your interest in Walk Across Texas!

Walk Across Texas! is an eight-week walking program for teams of up to eight people. One member of the team needs to be the team captain. Members of a team combine their mileage each week. Teams compete to see which one reaches the opposite border first or walks the most miles during the eight weeks.

Please read the following information. If you have any questions or need more information, please contact: Rebecca Scono, Administrative Asst.—FCS, 281-855-5600 or [Rebecca.scono@ag.tamu.edu](mailto:Rebecca.scono@ag.tamu.edu)  
Sonja Davis, County Extension Agent—FCS, 281-855-5600 or [sstueart@ag.tamu.edu](mailto:sstueart@ag.tamu.edu)

**Register your team by March 23rd, order t-shirts by March 10<sup>th</sup>.** Order forms available at <http://harris.agrilife.org/program-areas/familyand-consumersciences/>

- The Kick-Off Activity is: **10:00 a.m., Saturday, April 2<sup>nd</sup> at the County Extension Office, 3033 Bear Creek Drive, Houston, TX. Enjoy door prizes, fun and games. You may also plan your own event at your worksite, church, etc.**
- The first day to start logging miles is: **Sunday, April 3, 2016** \_\_\_\_\_
- Form a team of up to eight people.
- Have one person on the team serve as team captain. \_\_\_\_\_  
*Team captain's training scheduled March 21<sup>st</sup> at 7:00 p.m. (online or face to face at the extension Office)*
- Name your team. \_\_\_\_\_
- Captains download an Individual Registration Form, Individual Mileage Log, and Wrap-Up Form for everyone on the team from: <http://walkacrosstexas.tamu.edu>.
- Everyone fills out the Individual Registration Form and gives it to the captain.
- Captain registers their team in the **2016 Spring Harris County Challenge** and enters the team's Individual Registration Forms on: <http://walkacrosstexas.tamu.edu>.
- Team members will track their daily mileage and/or pounds lost on the Individual Mileage Log and will submit their total for the week to the team captain.
- Captains enter team member totals on the: <http://walkacrosstexas.tamu.edu> website weekly (*by Sunday night*).
- Team members can sign in to their account using their email and the team's password set up by the team captain during registration. Team's Password: \_\_\_\_\_
- Check how your team is doing compared to other teams using the View Progress feature on the website.
- The Don't Give Up Now/Midway Activity will be held at: **10:00 a.m., Saturday, May 7<sup>th</sup> at the County Extension Office, 3033 Bear Creek Drive, Houston, TX. Enjoy door prizes, fun and games. You may also plan your own event at your worksite, church, etc...**
- Walk Across Texas! ends on: **May 28th** \_\_\_\_\_.
- Everyone completes the Wrap-Up form and gives it to the team captain by **June 1<sup>st</sup>**.
- Captains enter Wrap-Up and final mileage and/or pounds lost information and success stories on the website by **June 5<sup>th</sup>**.
- Everyone is invited to the Celebration Activity, **10:00 a.m., June 11<sup>th</sup> at the County Extension Office, 3033 Bear Creek Drive, Houston, TX. Enjoy door prizes, fun and games. You may also plan your own event at your worksite, church, etc...**

We hope you enjoy Walk Across Texas!

Updated February 2016

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.

**INDIVIDUAL REGISTRATION FORM**

**First Name:** \_\_\_\_\_ **Last Name:** \_\_\_\_\_

**Phone Number with Area Code:** \_\_\_\_\_

**Address:** \_\_\_\_\_

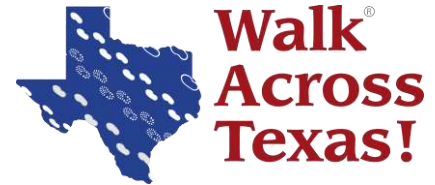
**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

**County:** \_\_\_\_\_ **E-mail Address:** \_\_\_\_\_

**Gender:**  Male  Female **Age:** \_\_\_\_\_ (No ranges permitted)

**Ethnic Background (select one):**

- Caucasian
- African American
- Asian
- Hispanic
- Native American
- Other, please specify \_\_\_\_\_



I wish to participate voluntarily in the Walk Across Texas! physical activity for the purpose of personal fitness. I understand that I should have medical approval from my health care professional if I:

- have any chronic health problems such as heart disease or diabetes
- have pains in my heart and/or chest area, feel dizzy or have spells of severe dizziness
- have a bone or joint condition, like arthritis, that might be made worse by an exercise program
- have been told by a doctor that I have high blood pressure
- have any physical conditions or problems that might require special attention in an exercise program
- am a male over 45 or a female over 50 and not accustomed to vigorous exercise

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

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**How many days a week are you physically active for at least 30 minutes? (Check which applies.)**

- 0  1  2  3  4  5  6  7

**Which of the following activities do you do now?**

(Check all that apply.)

- Walk
- Run
- Ride Bike
- Swim
- Other, please describe \_\_\_\_\_

**Where do you do these activities?**

(Check all that apply.)

- Parks
- Local Gyms or Fitness Centers
- Home Fitness Center
- Local Mall
- School Track
- Neighborhood
- Other, please describe \_\_\_\_\_

Updated March 2012

**INDIVIDUAL WRAP-UP FORM**

**First Name:** \_\_\_\_\_ **Last Name:** \_\_\_\_\_

**Phone Number with Area Code:** \_\_\_\_\_

**Address:** \_\_\_\_\_

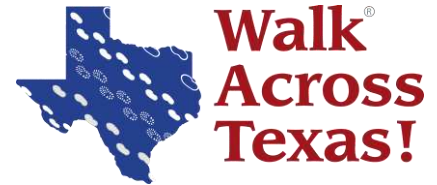
**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

**County:** \_\_\_\_\_ **E-mail Address:** \_\_\_\_\_

**Gender:**  Male  Female **Age:** \_\_\_\_\_ (No ranges permitted)

**Ethnic Background (select one):**

- Anglo
- African American
- Asian
- Hispanic
- Native American
- Other, please specify \_\_\_\_\_



**How many days a week are you physically active for at least 30 minutes? (Check which applies.)**

- 0  1  2  3  4  5  6  7

**Which of the following activities do you do now?**

*(Check all that apply.)*

- Walk
- Run
- Ride Bike
- Swim
- Other, please describe \_\_\_\_\_

**Where do you do these activities?**

*(Check all that apply.)*

- Parks
- Local Gyms or Fitness Centers
- Home Fitness Center
- Local Mall
- School Track
- Neighborhood
- Other, please describe \_\_\_\_\_

**Did you or your family benefit from participating in Walk Across Texas?**

Yes  No

*Please explain:*

**What did you like most about Walk Across Texas?**

*Updated January 2011*

# T-SHIRT ORDER FORM

**T-SHIRT ORDER FORM AND PAYMENT DUE BY MARCH 10, 2016**

- Youth Sizes Medium - XL                           \$ 10.00
- Adult Sizes Small - XL                             \$ 10.00
- Adult Sizes XXL - XXXL                         \$ 13.00

(additional processing fee if paying with credit card)

**Shirt Colors available:**

Royal Blue	Lime Green	Hot Pink	Orange	Gray
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(ALL SHIRTS WILL HAVE BLACK IMPRINT)

Youth Shirts				
#	Color	Size	Cost	Total
			\$	-

Adult Shirts				
#	Color	Size	Cost	Total
			\$	-

**CONTACT INFORMATION:**

Name: \_\_\_\_\_ Team/School: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**PAYMENT INFO:** (MAKE PAYABLE TO: HARRIS FCS)

Check One: Cash: \_\_\_\_\_ Check: \_\_\_\_\_ Cashier's Ck: \_\_\_\_\_ M/O \_\_\_\_\_ Credit Card \_\_\_\_\_

**CREDIT CARD INFORMATION:**

Name on Credit Card (if different than above) \_\_\_\_\_

Billing Address (if different than above) \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Card Type: \_\_\_\_\_ Card # \_\_\_\_\_ EXP Date: \_\_\_\_\_ CVV: \_\_\_\_\_

(MM/YYYY) (3-4 digit on back of card)

Cost:	\$ -	*Processing Fee for credit card:	\$ -	Total Chg:	\$ -
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**How to Submit Form:**  
**Email:** (credit card only) Print & Complete Form. Scan and save file. Attach to Email and send to [Harris.FCS@ag.tamu.edu](mailto:Harris.FCS@ag.tamu.edu)  
**Phone in:** (credit card only) Rebecca Scono at 281-855-5600  
**Mail/Drop Off:** (credit card/check/MO) Print & Complete. Mail/Drop off at Texas A&M AgriLife Extension Service: 3033 Bear Creek Drive, Houston, Texas 77084

**\*Note: Credit card processing fee is 3.9% of Cost plus 15¢**

**INDIVIDUAL MILEAGE LOG**

1. Name: \_\_\_\_\_ Captain's Name: \_\_\_\_\_

2. Team Name: \_\_\_\_\_ Captain's Phone Number: \_\_\_\_\_

**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.
- Call in (phone, fax, mail, or e-mail) your weekly total miles (and pounds lost) to your Team Captain **every Monday**. 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.).
- When Walk Across Texas! is over, total all your miles and pounds lost.
- Turn in this form along with your completed Walk Across Texas! **Wrap-Up** form to your Team Captain after the 8th week.

**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)	



3. How many minutes did you usually walk each time you walked? \_\_\_\_\_

## EXERCISE EQUIVALENTS\*\*

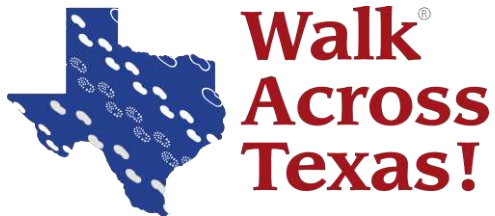
- A measured mile at a track, park, walking trail, mall, etc
- 2,000 steps measured on pedometer or Fitbit
- 20 minutes of any continuous exercise (dancing, skating, aerobics, etc.)

2,000 steps measured with a pedometer or Fitbit = 1 mile.

Walkers may wear their pedometer all day and report their total miles for the day by dividing their steps by 2,000.

Although competition with others is an excellent motivator, we encourage people to participate in Walk Across Texas! to enjoy the many benefits of exercise. The primary goal of Walk Across Texas! is to encourage people to participate in regular activity to increase overall health.

*\*\* The County Extension Office has determined that the above mentioned exercise equivalents will be used for their WAT program. Please check in advance if you have questions for your local criteria before logging miles.*



Updated January 2010