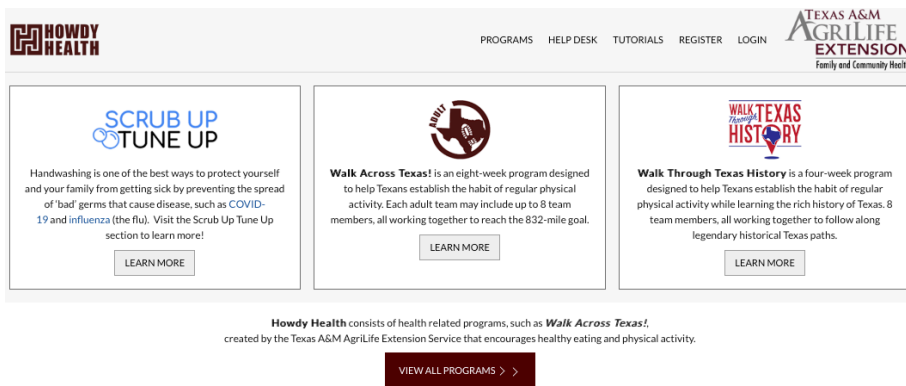


HOWDY HEALTH
REGISTRATION GUIDE
WALK ACROSS TEXAS! ADULT PROGRAM

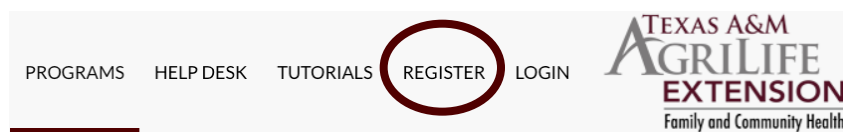
HOWDY HEALTH

HOW TO CREATE A HOWDY HEALTH ACCOUNT

Visit HowdyHealth.tamu.edu:



From the main page, choose Register at the top right menu:




Create your profile by completing the registration form:

HOWDY HEALTH REGISTRATION

If you already have a Howdy Health account, please [log into your existing account](#) to join or rejoin one of the programs. If you have yet to create a Howdy Health account, please complete the Howdy Health registration form below to establish your account. All Howdy Health registrants must be 18 years or older.

- First Name
- Last Name
- Email
- Email Again
- ★ Country
- Sex
- Race
- Date of Birth / /
- Username
Username must be a minimum of 5 characters.
- ★ Password
Password must contain: a minimum of 8 characters, at least 1 number, at least 1 uppercase letter, at least 1 lowercase letter, at least 1 special character.
- ★ I Agree with [Terms and Services](#)

Please Select I'm not a robot 

Once completed, you will be able to select from the menu of Howdy Health program offerings!

Walk Across Texas! Adult Program

Contact

Michael Lopez
 Extension Program Specialist II
 Family and Community Health
 979.321.5017
mlopez@ag.tamu.edu
HowdyHealth.tamu.edu

WALK ACROSS TEXAS! ADULT PROGRAM

HOW TO CREATE A LEAGUE

To create a league, please follow these instructions:

Log into your Howdy Health account at: <https://howdyhealth.org/programs/login>

Click the WAT! Dashboard button under the WAT! Adult section:

Click the 'Create a League' button:

WAT! ADULT : DASHBOARD



Complete the create a league form:

- You will need to choose the start date of your Walk Across Texas! Adult program and create a league name
- Commissioner and League Code will automatically be generated

WAT! : LEAGUE

Please complete the form below to create a Walk Across Texas! League. *The form may take a minute to submit.

*Please note that an automated email will be sent to all the Team Captain email addresses provided on the form below, with team setup instructions and the respective 'League Code' they need to associate their team to your league.

Commissioner

★ League Name

★ Start Date

LEAGUE CODE

Invite Team Captains

Click the '+' button to add an email, click the '-' button to remove an email.

There is a maximum of 25 Team Captain email invites per submission. If more than 25 Team Captains are needed, please edit your League to submit this form again with the remaining Captain invites.

★ Captain Email

Please note that the email addresses you enter on the create a league form should only be for team captains that will create a team in your league. Team captains will send invites to their team members to join their respective teams.

One email address must be entered to save the league. Once saved, you should be taken to a confirmation page with your League Code.

HOW TO CREATE A TEAM

Before creating a team, if you know your team will be part of a league then please retrieve your League Code from your invitation email or your league commissioner before proceeding. If you are creating a solo team that will not be part of a league, then no League Code is required.

Each team will require a Team Captain to complete the 'Create a Team' form and can have *up to* 8 team members.

To create a team, please follow these instructions:

Log into your Howdy Health account at: <https://howdyhealth.org/programs/login>

Click the WAT! Dashboard button under the WAT! Adult section:

Walk Across Texas! Adult Program

Click the 'Create a Team' button:

WAT! ADULT : DASHBOARD

The screenshot shows the 'WAT! ADULT : DASHBOARD' interface. At the top, there is a header 'WAT! Adult Program'. Below it, there are three main buttons: 'CREATE A LEAGUE', 'CREATE A TEAM', and 'JOIN A TEAM'. The 'CREATE A TEAM' button is circled in red. Below these buttons are links for 'How to create a league?', 'How to create a team?', and 'How to join a team?'. Further down, there is a 'Stats/History' section with buttons for 'VIEW PROGRESS/HISTORY' and 'PARTICIPANT MILEAGE ENTRIES'. At the bottom, there is a 'FAQS' button.

Complete the create a team form – if your team will be in a league, you should have received a 'League Code' from the league commissioner to associate your team to that league:

WAT! : TEAM

Please complete the form below to create a Walk Across Texas! team.

Note that a team is NOT required to join a league to participate in Walk Across Texas! However, **if you are joining a league**, you should have received a 'League Code' either by email or by some other form of communication from your league's commissioner, please click "Yes" below and enter your league code. *If you do not have this code, first check your spam/junk email folder to see if your 'Create a Team' email is there. If not, please contact your league commissioner to retrieve the code before creating your team.*

★ Joining a League? NO YES

TEAM CODE

★ Team Name

★ Team Start Date

Invite Team Members (8 maximum)

Invite team members to join your team by entering their emails below. These email addresses will receive an invite email with instructions on how to join your team and provide them with your Team Code to associate their account to your team.

Click the "+" button to add an email, click the "-" button to remove an email.

Member Email

✓ SAVE TEAM

✕ CANCEL

** Please allow a few seconds to submit.*

If you will be participating as a member on the team, select the option to join the team once created.

One email address must be entered to save the team. Once saved, you should be taken to a confirmation page with your Team Code. You can send the Team Code directly to Team Members.

WAT! : TEAM CREATED

Congratulations, you successfully created a Walk Across Texas! team titled

Will you be one of the participants on the team you just created?

YES

NO

Please keep the following Team Code for reference:

Team Member Invite Emails

An automated email was sent out to all the Team Member email addresses entered on the team creation form providing them with instructions on how to join a team and the respective 'Team Code' to associate their membership to the team you established.

If a team member fails to receive the automated email on how to join a team, please follow these instructions:

1. Ask the team member to check their spam/junk email folder to confirm if the email appears there.
2. If still no email, the team member may manually join a team by using the team code listed above. Please provide the team member with the respective team code to enter when joining a team.

When a team member successfully joins your team, you will see their name appear as one of your team members on the WAT! Dashboard.

Thanks for taking the steps to become a Healthy Texan!

[WAT! DASHBOARD >>](#)

HOW TO JOIN A TEAM

You should have received a team code from your team captain before beginning the join a team process. Contact your team captain if you do not have this team code.

Once you have the team code, please follow these instructions:

Log into your Howdy Health account at: <https://howdyhealth.org/programs/login>

Click the WAT! Dashboard button under the WAT! Adult section:

Click the 'Join a Team' button:

WAT! ADULT : DASHBOARD

The dashboard features a top navigation bar with three main buttons: 'CREATE A LEAGUE', 'CREATE A TEAM', and 'JOIN A TEAM'. Below each button is a link: 'How to create a league?', 'How to create a team?', and 'How to join a team?'. The 'JOIN A TEAM' button and its associated link are circled in red. Below this is a 'Stats/History' section with 'VIEW PROGRESS/HISTORY' and 'PARTICIPANT MILEAGE ENTRIES' buttons. At the bottom is a 'FAQS' button.

Complete the join a team form and paste in the 'Team Code' when prompted. This will populate the Team Name. Continue to fill out the rest of the questions. Once all have been completed, read through the short disclaimer, and check the 'I Agree' box.

WAT! : JOIN A TEAM

Complete the form below to join a Walk Across Texas! team. Please note that you should have received a 'Team Code' either by email or by some other form of communication from your team captain. If you do not have this code, first check your spam/junk email folder to see if your 'Join a Team' email is there. If not, please contact your team captain to retrieve the code before joining the team. *All fields are required.

ENTER TEAM CODE
After entering Team Code, click out of the field to populate the Team Name below.

Team Name
This field will auto-populate with the team name defined by your team captain when a valid Team Code is entered in the field above.

Would you say that in general your health is:
Please select

During the past month, other than your regular job, did you participate in any moderate or vigorous intensity physical activities or exercises, such as the ones listed below?
 YES NO

MODERATE INTENSITY: You can talk, but not sing - walking briskly, water aerobics, bicycling slowly, tennis (doubles), general dancing, general gardening.
VIGOROUS INTENSITY: You are unable to say more than a few words without pausing for breath - race walking, jogging, running, swimming laps, aerobic dancing, tennis (singles), fast bicycling, hiking uphill, heavy gardening (continuous digging or hoeing).

How many **times per week** did you take part in these activities **during the past month**?

And each time when you took part in these activities, for how many **minutes** did you usually keep at it?

Why are you participating in the Walk Across Texas! program?
Please select

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 this 8 week program?

What is your current weight?
Pounds (lbs)

What is your height without shoes?
Please select

Disclaimer: I wish to participate voluntarily. 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 from slowly. I agree to accept full responsibility for any injuries I may sustain while participating in this program.

I Agree to the Disclaimer

WAT! : TEAM JOINED

Thanks . You successfully joined the team titled . If you have any questions, please contact your team captain.

Thanks for taking the steps to become a Healthy Texan!

WAT! DASHBOARD >>