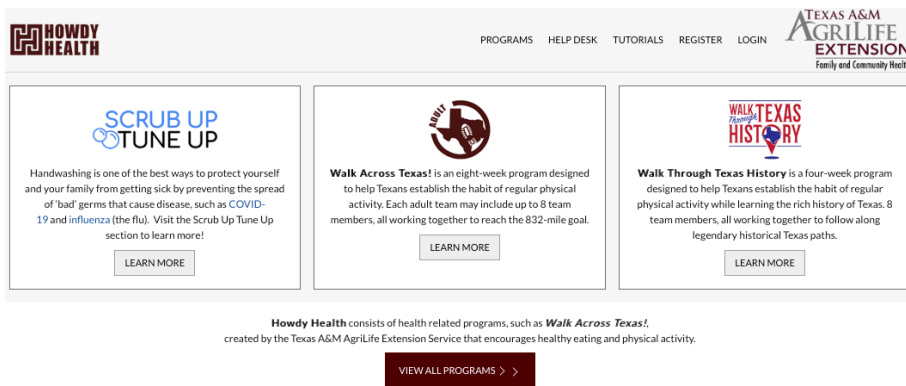


**HOWDY HEALTH**  
**REGISTRATION GUIDE**  
WALK ACROSS TEXAS! YOUTH PROGRAM

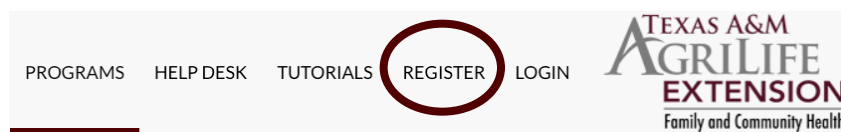
# HOWDY HEALTH

## HOW TO CREATE A HOWDY HEALTH ACCOUNT

Visit [HowdyHealth.tamu.edu](http://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 (Please select)  
 Sex (Please select)  
 Race (Please select)  
 Date of Birth (Day / Month / Year)  
 Username  
Username must be a minimum of 5 characters.  
 Password (Type password) /  Confirm 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](#)  
 I'm not a robot (reCAPTCHA)

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

*Walk Across Texas! Youth Program*

### Contact

**Michael Lopez**  
 Extension Program Specialist II  
 Family and Community Health  
 979.321.5017  
[mlopez@ag.tamu.edu](mailto:mlopez@ag.tamu.edu)  
[HowdyHealth.tamu.edu](http://HowdyHealth.tamu.edu)

# WALK ACROSS TEXAS! YOUTH 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! Youth section:

Click the 'Create a League' button:

Complete the create a league form:

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

## WAT! YOUTH : LEAGUE

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

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.

• League Name

• Start Date  

**LEAGUE CODE**

Member Name

### Invite Team Captains

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

Team Captain Email   

SAVE LEAGUE

CANCEL

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. You are not required to enter any team member email addresses.

Once saved, you should be taken to a confirmation page with your League Code.

## WAT! : YOUTH LEAGUE CREATED

Congratulations, you successfully established a Walk Across Texas! Youth league titled . An automated email was sent out to all the Team Captain email addresses entered on the league creation form providing them with instructions on how to create a team and the respective 'League Code' to associate their team to the league you established.

**Please keep the following League Code for reference:**

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

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

Thanks for taking the steps to become a Healthy Texan!

WAT! DASHBOARD >>

## 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 unlimited 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! Youth section:

Click the 'Create a Team' button:

Please note: this screenshot is from a League Commissioner account, you may have 'Create a League' instead.

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! YOUTH : TEAM

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

**★ TEAM TYPE** ? Will your team consist of youth or adults, or both?

**★ Joining a League?**  NO  YES

---

**★ Team Name**

**★ Start Date (Team)**

**★ Team County**

**School Related Team?**  NO  YES

---

**SAVE TEAM** **CANCEL**

Team Types: Youth and Adults; Youth only; Adults only

**YOUTH TEAM MEMBERS**

Enter the details of the Youth members that will be on this team.

---

**Please enter the number of Youth team participants by gender.**

Males

Females

**Youth Gender Total**

---

**Please enter the number of Youth team participants by race.**

African American

American Indian or Alaskan Native

Asian

Hispanic

Multiracial

Native Hawaiian or Pacific Islander

Other

White (Non-Hispanic)

**TOTAL YOUTH**

**ADULT TEAM MEMBERS**

Enter the details of the Adult members that will be on this team.

Please enter the number of Adult team participants by gender.

Males

Females

Adult Gender Total

Please enter the number of Adult team participants by race.

African American

American Indian or Alaskan Native

Asian

Hispanic

Multiracial


Native Hawaiian or Pacific Islander

Other

White (Non-Hispanic)

**TOTAL ADULT**

## WAT! : YOUTH TEAM CREATED

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

Thanks for taking the steps to become a Healthy Texan!

[WAT! YOUTH DASHBOARD >>](#)