

Steps for Implementing Walk Across Texas! Adult

- 1. Learn more about the WAT! program on-line
 - a. Visit: walkacrosstexas.tamu.edu
- 2. Watch tutorial videos on Howdy Health website for account creation and WAT! set-up
- 3. Recruit up to 8 people for your team
- 4. Establish a Howdy Health Account
 - a. Visit: howdyhealth.org
 - b. Click Login / Register and create an account
- 5. Enter Data Online
 - a. Select *WAT! Adult Dashboard*
 - b. Create a League (if applicable)
 - c. Create a Team
 - d. Join Team
 - e. Enter your daily mileage walked
- 6. Attend WAT! Events (as offered)
- 7. Share your WAT! journey with our social media channels: @walkacrosstexas
- 8. Print Recognition Certificates

The table below will assist you in your role with the WAT! Adult program. It may be beneficial to form a coalition and / or advisory team to help set program planning goals. Also, identify partners / existing relationships and committees to leverage implementation.

If you have any questions or need more information, please contact your local county Extension agent.

Set Dates and Times for Your WAT! Adult Program

	Date	Time
Walk Across Texas! Start Date:		
Kick-off Event:		
Midway Event:		
Celebration Event:		
Walk Across Texas! End Date:		