Walk Across Texas! Youth

For Texans walking the road to a healthier life, the journey begins with a single step...
Walk Across Texas! has supported these steps with a community dedicated to physical activity for over 20 years!

Walk Across Texas! (WAT!) Youth
WAT! Youth is an eight-week program designed to help our youngest Texans establish the habit of regular physical activity using a fun and motivating team approach.
Each team may include an unlimited number of youth participants, all working together towards the goal of 832 miles!

Who is it for?
We recommend WAT! Youth for Schools, After-School Clubs, 4-H Clubs, and much more! Staff and teachers can also create adult teams to compete against the youth.
WAT! is an outcome program with proven results! Join today and help our youth add more activity into their lives, which has been shown to improve student performance and fitness!

Learn More!
walkacrosstexas.tamu.edu

Register Today!
howdyhealth.org
Steps for Implementing Walk Across Texas! Youth

☐ 1. Identify how many youth teams will be participating
☐ 2. Determine if adults will create teams and compete
☐ 3. Select the team name(s)
☐ 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! Youth Dashboard
   b. Create Youth League (if applicable)
   c. Create Youth Team(s)
   d. Enter your team(s) weekly mileage walked
☐ 6. Print / Share Program Resources
   a. School Weekly Mileage Log
   b. Bingo Card
   c. Parent Newsletters
   d. Teacher Lesson Plans
☐ 7. Determine Events / Door Prizes / Incentives
☐ 8. Print Youth Recognition Certificates

The table below will assist you in your role with the WAT! Youth 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! Youth Program

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<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Walk Across Texas! Start Date:</td>
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<tr>
<td>Kick-off Assembly / Event:</td>
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<td>Midway Assembly / Event:</td>
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<tr>
<td>Celebration Assembly / Event:</td>
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