



Fort Bend County Walk Across Texas 2024

Through a modest increase in daily activity, most Americans can improve their health. *Walk Across Texas* (WAT) is a program that encourages and motivates people of all ages to make that most important change...to get started. It is a program that is simple, free, and safe. All you need is a team of eight people and a desire to get moving.

Teams do not have to walk together, although they may if they want to. Teams simply combine their mileage each week to work towards the ultimate team goal of 833 miles. If each team member walks 2 miles per day your team will surpass the goal of 833 miles in the 8 weeks of WAT.

So, dust off your walking shoes and prepare to join us in this 8-week journey across Texas. Here are the "steps" to *Walk Across Texas*:

The Walk Across Texas physical fitness program begins Monday, March 11 & finishes Sunday, May 5.

1. **FORM A TEAM:** Teams consist of a Captain and 7 members (8 total) to walk, run, cycle, roller blade, stair step, swim, aerobics, garden, etc. *No substitutes for team members once WAT starts.* If a team member stops participating, the rest of the team members will continue on. (a team does not need 8 members to register)
2. **REGISTERING:** Captains will create a Team online at: <https://howdyhealth.org>. You must enter under our League in order to be counted for WAT Recognition or prizes. The League Code is **watL-240104-23294**.

All team members' registration is suggested to be completed on or before **March 10, 2024**.

All members will need to register with a profile on <https://howdyhealth.org>.

Registration instructions will be available on our website:

<https://fortbend.agrilife.org/fch/physical-activity/walk-across-texas/>.

- Everyone – will register a profile (if you walked last year you can use same profile)
- Team Captains – ONLY a team captain with create a team
- Everyone – will join a team

3. **RECORDING MILEAGE:** Each Member will record their own mileage online in their own profile. Mileage is requested to be entered online **by end of day on Monday of each week** to qualify for the weekly rankings.
(WAT site is mobile friendly)
4. **WRAP-UP:** At the end of eight weeks, everyone will need to complete the *Walk Across Texas* Wrap-Up Survey. The survey will appear online once the end of the eight weeks has finished. Teams will have until **May 10 to record any miles they may have over looked and to complete the online wrap up survey.**



CAPTAINS WEEKLY DUTIES:

A) Remind their members to record any mileage they may not have done daily for the past week.

NEWSLETTER: There will be a Weekly Newsletter sent to everyone's email who has registered.

Weekly top individuals.

Weekly Top Teams.

Hints and information to help you along the journey.

All team members are welcome to send images and quotes about their journey!

Recipe Challenge submissions will be showcased.

- Send in your favorite healthy recipe to share in the newsletter.

- Recipes can be submitted on our website at:

<https://fortbend.agrilife.org/fch/physical-activity/walk-across-texas/>

Please contact with any questions or concerns.

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THANK YOU FOR YOUR PARTICIPATION IN WALK ACROSS TEXAS. GOOD LUCK & HAVE FUN!!

Texas A&M AgriLife Extension Service provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Date Reference:

Program Dates: March 11 – May 5

Mar 10.....Registration Deadline

Mar 11.....START OF WAT – Mar 11 – First Day

Mar 18.....Week 1 Miles Deadline (March 11-17)

Mar 25.....Week 2 Miles Deadline (March 18-24)

Apr 1Week 3 Miles Deadline (March 25-31)

Apr 8Week 4 Miles Deadline (April 1-7)

Apr 15Week 5 Miles Deadline (April 8-14) Apr 8 - MID POINT

Apr 22Week 6 Miles Deadline (April 15-21)

Apr 29Week 7 Miles Deadline (April 22-28)

May 5END OF WAT – May 5 – Last Day

May 6Week 8 Miles Deadline (Apr 29-May 6)

May 10Miles & Wrap-up surveys deadline

Deadline for Recipe Challenge is every Wednesday during WAT.

Mar 20 Apr 17 May 1

Mar 27 Apr 10

Apr 3 Apr 24