

WalkTexas! Group Leader Check-List

Group Leader: _____

Challenge Begins: January April July September Year: _____

The chart below is an easy way for Group leaders to keep track of group members' contact info, forms submitted and total points at the end of the 10-Week Challenge.

Name	Phone Number	E-mail Address	Total Points
1		<input type="checkbox"/> Registration <input type="checkbox"/> Waiver <input type="checkbox"/> Award Form <input type="checkbox"/> Evaluation	
2		<input type="checkbox"/> Registration <input type="checkbox"/> Waiver <input type="checkbox"/> Award Form <input type="checkbox"/> Evaluation	
3		<input type="checkbox"/> Registration <input type="checkbox"/> Waiver <input type="checkbox"/> Award Form <input type="checkbox"/> Evaluation	
4		<input type="checkbox"/> Registration <input type="checkbox"/> Waiver <input type="checkbox"/> Award Form <input type="checkbox"/> Evaluation	
5		<input type="checkbox"/> Registration <input type="checkbox"/> Waiver <input type="checkbox"/> Award Form <input type="checkbox"/> Evaluation	
6		<input type="checkbox"/> Registration <input type="checkbox"/> Waiver <input type="checkbox"/> Award Form <input type="checkbox"/> Evaluation	
7		<input type="checkbox"/> Registration <input type="checkbox"/> Waiver <input type="checkbox"/> Award Form <input type="checkbox"/> Evaluation	
8		<input type="checkbox"/> Registration <input type="checkbox"/> Waiver <input type="checkbox"/> Award Form <input type="checkbox"/> Evaluation	
9		<input type="checkbox"/> Registration <input type="checkbox"/> Waiver <input type="checkbox"/> Award Form <input type="checkbox"/> Evaluation	
10		<input type="checkbox"/> Registration <input type="checkbox"/> Waiver <input type="checkbox"/> Award Form <input type="checkbox"/> Evaluation	
Total Team Points			



Take the 10-week challenge to a better you!

Group Leaders Guide

Austin/Travis County Health and Human Services Department – Steps to a Healthier Austin Program



For more information about the Walk Texas – Active Austin Area Chapter, please call 512-972-6764 or email: stephanie.helfman@austintexas.gov

What is WalkTexas?

The WalkTexas – Active Austin 10-Week Challenge is a free physical activity program coordinated through the Austin/Travis County Health & Human Services Department, for anyone living or working in the Austin/Travis County area. The 10-week program is designed to help you begin or maintain an active lifestyle. You start by recruiting team members to participate in teams of 5 to 10 people. An adult (age 18+) from your team agrees to be the **Group Leader** and attends the orientation training. All groups have autonomy to name their group, and decide where, when, and what they do to become more active as a team. Team members can also include physical activity they do on their own or with activity-buddies. During the 10 weeks, participants record their own daily/weekly physical activity, which converts to points depending on the length and level of the activity. At the end of the program, different awards are given to everybody who reaches certain point levels. See “Incentives” box at bottom of page for point levels.

Physical Activity Recommendations:

- 30 minutes or more a day for adults
- 60 minutes or more a day for children
- Most days of the week

“30-minutes a day” can be one 30-minute period of physical activity, **or broken down into two 15-minute or three 10-minute periods in one day.** The same thing goes for the “60-minutes a day” goal. It all adds up to make a difference in your health. For busy lifestyles, break it down into 10-minute sessions several times a day.

Keep in mind: Being “active” simply means **moving more**, and finding ways to move more through out your day, whether it’s taking the stairs instead of the elevator, or parking in the spot farthest away from the door, or getting off the bus one stop early just to include a little walking. Small steps can make a big difference.

Physical activity can be any moderate exercise or activity you enjoy that increases your heart rate and breathing. Such activities could include walking, running, skating, cycling, dancing, gardening, housework, or aerobics. You don’t have to walk to be a part of the WalkTexas! program. Any physical activity is accepted. Go at your own pace, and **talk with your doctor first** if you have any chronic conditions, such as diabetes, or heart disease, or if you have not been active in many years.

Incentives For Participating in the WalkTexas! Program:

MEDAL	POINT RANGE	EXAMPLE OF FREQUENCY
Bronze Medal:	120 – 199 points.	Walk 30 minutes, 3 times a week.
Silver Medal:	200 – 319 points.	Walk 30 minutes, 5 times a week.
Gold Medal:	320 – 560 points.	Walk 60 minutes, 4 times a week or jog 30 minutes, 5 times per week.

The medals above are pendants that can be worn on clothing, hats, etc.

Group Leaders receive t-shirts. Other prizes such as water bottles and pedometers are available while supplies last, or funding/sponsorship is available.

Strategies for Group Leaders:

Finding Team Members:

Start with your family, friends and co-workers first, of course! You want those closest to you to know not only your goal to become more active, but that they can do it too, and invite them to join in on the fun.

You can also get to know new people. Put flyers (provided upon request) around the neighborhoods where your team will meet. Talk to people and invite them to join you. Talk to neighborhood associations, churches, and groups that meet in your area to recruit team members.

Have each team member complete a [Registration Form](#) and [Release of Liability Form](#) (located in Group Leader packets). Every week, team members will report their progress to you. Your task as Group Leader is to keep track of their weekly progress and help them stay motivated.

Meeting Time/Day

Your group can schedule a meeting time and date when ever is most convenient for your team. We recommend you meet as a group at least once a week at the same time, day and location. If you need help finding a location, we can help you decide on a safe place for your team to meet.

If your team can’t meet together every week, plan two trips in the beginning of your 10-Week Challenge to give your members the opportunity to find one to two buddies within your group to exercise with at a time convenient for them. Your planned trips could be to go on guided tours of local nature preserves, or try a new sport or activity together as a team, like tennis, basketball, or swimming.

Motivating Team Members:

Believe it or not, just checking in with team members once a week to get their weekly point totals is a huge motivator. Another source of motivation is keeping a journal or log of daily activities. Team camaraderie and the buddy-system are powerful motivators. For fun, your group could attend one of the free walk or run trainings in the community once a week or participate in a local 5K. Weekly health tips can be a source of encouragement. Think of playful ways to challenge each other, whether it’s a hula-hoop contest, jump-roping, or weekly badge of honor for most enthusiastic or motivated members.

Keep track of Team Members’ Success:

You can track of your team members’ weekly success using a wall chart (we provide) or any way you wish. Some Group Leaders use spreadsheets or data bases. The choice is up to you. At the end of your Challenge, have each team member complete an [Award Form](#) and [Evaluation Form](#) (provided). Be sure to submit all Award forms at the end of your 10-Week Challenge so we can provide you with medals.

Reward Team Members:

Praise and kind words of encouragement really do go a long way. You can reward members throughout the challenge just by acknowledging their efforts and progress. Ask your team to come up with ideas for how they would like to celebrate the end of their 10-Week Challenge. At the end of the challenge, celebrate your success together!