



Walk Across Texas Youth Program Overview

The Walk Across Texas (WAT) Youth program is designed to establish or maintain the habit of regular physical activity in youth audiences. All it takes is a school or classroom willing to be active using a fun and motivating approach to get moving. The goal for each WAT Youth team is to virtually walk 832 miles across Texas in eight weeks by logging in various types of activities that can be converted into 'miles walked'.

Established in 1996, the WAT Youth program was developed by a collaboration of AgriLife Extension staff and community partners wanting to improve the health and physical activity of Texans. In 2005, it was recognized as a 'Best Practice Physical Activity Program' by the Texas Department of State Health Services.

The WAT Youth program is an outcome program with proven results! Research shows that there is an increase in mileage for youth participants from start to finish. Also, adding in more frequent and vigorous activities during school has been shown to improve student performance, fitness and weight status.

Tell me more about the WAT Youth program:

- Students are registered on teams based on teacher, classroom, grade level or school
- Teams combine their mileage to see which team walks across Texas first or the furthest
- Teams can compete with each other or school staff and parents
- Parents and guardians are encouraged to help their student's team by doing activities at home!
- Additional school resources are available for free on the WAT program resources website, examples include teacher lesson plans and fun games
- You can track and monitor program progress on the Howdy Health website



Steps for Implementing Walk Across Texas Youth

1. Identify how many WAT Youth teams will participate in the program
2. Set WAT Youth program dates and activities
3. Complete WAT Youth Team Registration Form(s)
4. Establish a Howdy Health Account
 - a. Visit: <https://howdyhealth.tamu.edu>
 - b. Click Login / Register and create an account
5. Enter WAT Youth Team Registration Forms on Howdy Health website
 - a. Log into Howdy Health Account
 - b. Select WAT Youth Dashboard
 - c. Create Youth League (if applicable)
 - d. Create Youth Team(s)
 - e. Enter WAT Youth team(s) weekly mileage walked
6. Print / Share Program Resources
 - a. WAT Youth Program Registration Forms
 - b. Mileage Form
 - c. Bonus Miles Form
 - d. Teacher Lesson Plans
7. Determine Events / Door Prizes / Incentives
8. Print WAT Youth Recognition Certificate

For more information or assistance with the implementation of the WAT Youth program,
please reach out to your local County Extension Office:

<https://agrillifeextension.tamu.edu/counties/>



WAT Youth Registration Form - League Commissioner

A League Commissioner oversees the league in the WAT Youth program.

Leagues are a collection of teams that participate together. You will need the following information to register a League in the WAT Youth program:

League Name: _____

Start Date: _____

Please use the below lines to capture potential Team Captain Emails.

During League Creation an automated email will be sent to all the Team Captain email addresses provided with team set up instructions and the respective 'League Code' they will need to associate their team to your WAT Youth program league.

Team Captain Email(s):



WAT Youth Registration Form - Team Captain

A Team Captain oversees the team in the WAT Youth program. Teams can comprise of Youth only, Adults only, or a mixed team of Youth and Adults.

If you are joining a league, you will need the following information to register a Team in the WAT Youth program league:

League Code: _____

Please note: you do not need to join a league to participate. If you are not joining a League, then you must select a program start date: _____

WAT Youth Team Registration Information

Team Name: _____

School Related: No Yes

If yes, select School District and School Name from drop-down menu

Youth Team Members:

Youth Team Members Sex Totals: ___ Males ___ Females

Youth Team Members Race Totals:

___ African American ___ American Indian or Alaskan Native
___ Asian ___ Hispanic
___ Multiracial ___ Native Hawaiian or Pacific Islander
___ Other ___ White (Non-Hispanic)

Adult Team Members:

Adult Team Members Sex Totals: ___ Males ___ Females

Adult Team Members Race Totals:

___ African American ___ American Indian or Alaskan Native
___ Asian ___ Hispanic
___ Multiracial ___ Native Hawaiian or Pacific Islander
___ Other ___ White (Non-Hispanic)



WAT Youth Team Mileage Log

Use this mileage log for up to three (3) WAT Youth program teams

At the end of each week, go to your WAT Youth Dashboard and Enter / Edit Mileage Walked

If you have multiple WAT Youth program teams, click the respective team name to Enter / Edit Mileage Walked for that team

Week Number	Team Name: _____	Team Name: _____	Team Name: _____
Week 1			
Week 2			
Week 3			
Week 4			
Week 5			
Week 6			
Week 7			
Week 8			

Daily Mileage Log

Use this daily mileage log for each WAT Youth program team

At the end of each week, add the total mileage directly to your WAT Youth Dashboard, to the Team Mileage Log, or send directly to the person entering information to Howdy Health

Team Name:

Week Number (circle): 1 2 3 4 5 6 7 8

Day	Type of Activity	Location	Total Miles
Monday	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 50%; height: 20px;" type="text"/>
	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>	
	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>	
Tuesday	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 50%; height: 20px;" type="text"/>
	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>	
	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>	
Wednesday	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 50%; height: 20px;" type="text"/>
	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>	
	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>	
Thursday	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 50%; height: 20px;" type="text"/>
	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>	
	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>	
Friday	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 50%; height: 20px;" type="text"/>
	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>	
	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>	
Saturday	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 50%; height: 20px;" type="text"/>
	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>	
	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>	
Sunday	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 50%; height: 20px;" type="text"/>
	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>	
	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>	

Total Mileage:

Type of Activity includes walking, running, swimming, gardening, etc.

Location includes physical education, recess, teacher or classroom, clubs or after school programs, 4-H groups, etc.