

**What is Walk Across Texas? | Why is it important? | Why participate?**

Teams of 8 that Walk Across Texas in 8 weeks

(832 miles = ~2 miles/day/individual)

 1 Mile =

 20 Minute of Activity

 1 Measured Mile

 2,250 Steps on a Pedometer

 Or view Activity Equivalents: [**https://tinyurl.com/activityequivalents**](https://tinyurl.com/activityequivalents)

Texas Rankings:

 14th state with highest adult obesity

 15th state with highest child obesity

 5th state most physically inactive

**To Register:**

1. Follow our Facebook Page to stay in touch: https://www.facebook.com/PCagriLife
2. Go to <https://howdyhealth.org/programs/howdy-health-registration>
3. Complete registration. Things to remember:
	1. Select Panola County
	2. Give the validation email a moment to get to your inbox. Email is from Howdy Health.
4. Once verified, login with login credentials
5. Do *not* create a league! You want to **JOIN a league**!
6. You will create a team or join a team. (If you are joining a team, you’ll need the team code set up by your captain.)
	1. Regular/Community League Name: Panola County 2021
	2. Regular/Community League Code: watL-210803-06362
	3. CIVIC GROUPS League Name: Panola Civic Groups 2021
	4. CIVIC GROUPS League Code: watL-210811-84293

**To Login:**

1. Go to <https://howdyhealth.org/programs/>
2. Use login and password

**To Add Team Members:** *\*Only team coaches need to login to add youth teammates.*

1. Once logged in, go to “Team Profile.” Click on Team Name.
2. Add members by email or provide “Team Code” to teammates.

**To Record Miles:** *\*Each team member must log his/her own miles on Howdy Health each week.*

1. Login to Howdy Health portal.
2. On your WAT! ADULT: DASHBOARD select “Enter Mileage Walked”
3. Follow instructions on screen.
4. Track team progress by going to “View Team” from the Dashboard.

