

Walk Across Texas! (WAT!) Program Review and Exercises

Distinct Program Versions of Walk Across Texas!:

1. Walk Across Texas! Adult

- a. Eight-week program
- b. 832-mile goal
- c. Mileage entry: individual / daily
- d. Each team member must register and join team
- e. Each team may have **up to 8 team members**

2. Walk Across Texas! Youth

- a. Eight-week program
- b. 832-mile goal
- c. Mileage entry: team / weekly by adult team captain
- d. Unlimited number of youth participants per team (works great for school classrooms or any group of youth)

Walk Across Texas! Registration Exercises

Exercise #1: Register for a Howdy Health Account

This exercise allows you to register and create a Howdy Health account. You will use this account to create a team (if you are a team captain) and enter your mileage.

Step 1: Go to: <https://howdyhealth.org/programs/>

Step 2: Click *Register*

Step 3: Fill out requested information and click 'Save Account'

Enter a team code provided by your team captain. If you are a team captain you can create a team after you set up your account.

HOWDY HEALTH REGISTRATION

Please complete the Howdy Health registration form below to establish your account and join one of the specialty health programs. All Howdy Health registrants must be 18 years or older.

• First Name

• Last Name

Step 4: Activate account using the link in the *Account Details* email

Exercise #2: Find the Walk Across Texas! Tutorials for Adult and Youth Programs

Richard and Patsy Wallrath AgriLife Extension Building
Texas A&M AgriLife Extension Service
1470 William D. Fitch Parkway | 2251 TAMU | College Station, Texas, 77843-2251

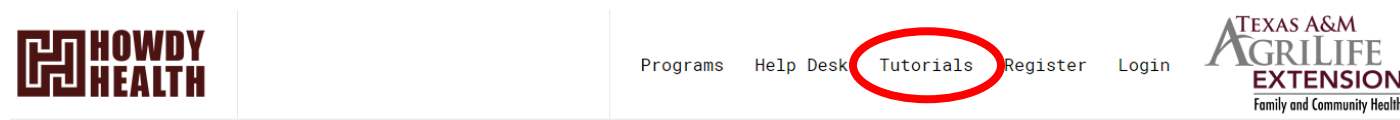
Tel. 979.845.6631 | Fax. 979.845.6496 | AgriLifeExtension.tamu.edu

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The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating*

This exercise will help you locate tutorial videos for the Walk Across Texas! program. These videos walk through the key processes for the WAT! Youth Program (Create A League / Create A Team) and the WAT! Adult Program (Create A League / Create A Team / Join A Team). NO PARTICIPANTS SHOULD CREATE A LEAGUE. LEAGUES HAVE BEEN CREATED BY THE EXTENSION OFFICE.

Step 1: Visit <https://howdyhealth.org/programs/>

Step 2: Click *Tutorials*



Step 3: Select *WAT! Youth Program* or *WAT! Adult Program*

Exercise #3: Locate the Walk Across Texas! Adult Program Frequently Asked Questions

This exercise directs you to the Frequently Asked Questions page for the WAT! Adult Program. This listing will continuously update as questions are identified.

Step 1: Login to your Howdy Health account: <https://howdyhealth.org/programs/login>

Step 2: Click *WAT! Dashboard*

Step 3: Click *FAQ*



Exercise #4: Identify External Resources on the Panola County Walk Across Texas! Program Page

This is your “home base” for all WAT! Questions and resources.



Current resources include:

- Activity Equivalents Guide
- Pedometer / Step Counter Apps – Our Top Picks
- Mileage Tracking Apps – Our Top Picks