



CAPTAIN'S PACKET

Team Captain Packet:

- ✓ Walk Across TN Introduction
- ✓ Captain's Responsibilities
- ✓ Team Captain's Log (Front & Back—Turn in at the end- Due: Monday, May 15th)
- ✓ Success Stories Log (Turn in at the end- Due: Monday, May 15th)
- ✓ Team Member Packet (Captain also needs to complete Individual Registration Packet)

Team Member Materials (3 Team Member Packets Included):

- ✓ Walk Across TN Introduction
- ✓ Individual Registration Form (Front & Back—Turn in all 4 individual forms for your team by Monday, March 20th)
- ✓ Individual Mileage Logs (Front & Back—Turn in at the end- Due: Monday, May 15th)
- ✓ Mileage Conversion Chart - Yours to keep.
- ✓ Walk Across TN Wrap Up (Turn in at the end-Due: Monday, May 15th)



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<https://www.facebook.com/TNJCExt>

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.



CAPTAIN'S RESPONSIBILITIES

Before Walk Across Tennessee begins, the Captain will:

- Recruit 3 other walkers to form a team.
- Provide each team member with a Team Member Packet (Includes: **Individual Registration Form, Individual Mileage Log, Mileage Conversion Chart** and **Walk Across Tennessee Wrap-Up**).
- Turn in the team's **Individual Registration Forms** (Team Captain also needs to fill out an Individual Registration Form to turn in) to the Jackson County UT Extension office before Walk Across Tennessee begins on **March 20th**.
- Ask team members to record their mileage every day on their **Individual Mileage Logs**, total their weekly miles, and contact you to report their totals for the week each Monday. Record your mileage on your own **Individual Mileage Log** and add this to your team total.

Every Week on Monday:

- Collect the mileage walked by the 3 other team members; record their numbers plus your own on the **Team Captain's Log**.
- Report your team's total mileage for the week to the Jackson County UT Extension office before Mondays at 4:00 p.m.

On Week Seven:

- Ask each team member to complete the **Walk Across Tennessee Wrap-Up** and **Individual Mileage Log Forms** and turn both into you as soon as Walk Across Tennessee is over.
- Please remember to complete these two forms for yourself as well.

After Walk Across Tennessee is over:

- Calculate your team's total mileage/pounds lost for the 8 weeks and note this on the **Captain's Log**.
- Call all team members one time to remind them if they have not turned in their **Individual Mileage Logs** and **Walk Across Tennessee Wrap-Ups** to you.
- Send or deliver to the Jackson County UT Extension office all your team's **Individual Mileage Logs, Walk Across Tennessee Wrap-Up Forms** (including yours), **Success Stories Log** and **the Captain's Log. Due Monday, May 15th**.

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CAPTAIN'S LOG

Team Captain's Name: _____ Team Name: _____

Team Captain's Phone Number: _____

Team Captain's Email: _____

Directions:

- Collect an **Individual Registration Form** from every member and yourself before walking begins, and send these to the Jackson county UT Extension office. **Due: Monday, March 20**
- Record your team members' total weekly mileage (and pounds or inches lost, if recorded).
- Record members' Success Stories using the **Success Stories Log**.
- Turn in (e-mail, drop-off, or phone) your team total mileage to the Jackson county UT Extension office by Monday each week during the Walk Across Tennessee program. (Contact Information Below)
- In week 7, remind your team members to finish their **Individual Mileage Log** and **Walk Across Tennessee Wrap-Up** and, at the end of Week 8, to turn these in to you.
- When Walk Across Tennessee is over, calculate the total miles (and pounds or inches lost) for Weeks 1 through 8 and write the totals for your team in the bottom row and last column.
- **Last Day to Log Mileage: May 14th**
- Collect an **Individual Mileage Log** and **Walk Across Tennessee Wrap-Up** from each member and yourself. Attach your **Team Captain's Log** along with any **Success Stories**, and turn in everything to the Jackson county UT Extension office. **Due: Monday, May 15th**

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CAPTAIN'S LOG

Team Miles Walked & Pounds/Inches Lost

Member Name		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
	mi.								
	mi.								
	mi.								
	mi.								
	mi.								
	mi.								
	mi.								
	mi.								
Totals	mi.								

Total Team Miles Walked _____
(add weekly totals above)

Total Pounds/Inches Lost by Team _____
(add total above)

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SUCCESS STORIES LOG

Team Name: _____

County: _____

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WALK ACROSS
TENNESSEE

TEAM MEMBERS MATERIALS

- ✓ Walk Across Tennessee Introduction
- ✓ Individual Registration Form (Front & Back – Return forms before challenge begins
Due: Monday, March 20th)
- ✓ Individual Mileage Log (Front & Back—Turn in at the end)
- ✓ Mileage Conversion Chart
- ✓ Walk Across Tennessee Wrap Up (Turn in at the end)

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WALK ACROSS TENNESSEE

Through a modest increase in daily activity, most Americans can improve their health. Walk Across Tennessee is a program that persuades and motivates people of all ages to make that most important change . . . to get started. It is a program that is simple, inexpensive and safe. All you need is a team of 4 people and a desire to get moving.

Teams do not really walk or ride together, although they may if they want to; teams simply pool their mileage each week.

So, dust off your walking shoes and prepare to join us in this eight-week journey “across” Tennessee (Approximately 500 miles).

The team that walks the most miles will determine the winner.

You can count daily mileage from an activity tracker such as: Fitbit, Apple Watch, pedometer etc.

 Follow UT Extension Jackson County on Facebook for updates.

Dates to Remember:

- ✓ **Start Date: Monday, March 20th**
- ✓ **Team Captains: Submit team’s total mileage for the week to the Jackson county UT Extension office Every Monday by 4:00pm (Starting March 27th)**
- ✓ **Last Day to Log Mileage: May 14th**
- ✓ **Individual Mileage Log, Walk Across Tennessee Wrap-Up, and Captain’s Log Forms Due: Monday, May 15th**

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INDIVIDUAL REGISTRATION FORM

Turn into Captain BEFORE you begin!

Name: _____ County: _____

Telephone: _____ Team: _____

Email: _____

Gender: Male Female

Ethnic Background: Anglo African-American Asian
Hispanic Native-American Other _____

My team is made up of people in my... (circle the number of one item below):

- 1. Worksite 2. Church 3. School 4. Family 5. FCE club 6. 4-H Club
- 7. Neighborhood 8. Community organization (name of org): _____
- 9. Other: _____

I wish to participate voluntarily in the Walk Across Tennessee physical activity for the purpose of personal fitness. I understand that I should have medical approval from my health care professional if I:

- have any chronic health problems such as heart disease or diabetes.
- have pains in my heart and/or chest areas.
- have a bone or joint condition, like arthritis, that might be made worse by an exercise program.
- have been told by a doctor that I have high blood pressure.
- have any physical conditions or problems that might require special attention in an exercise program.
- am a male over 45 or a female over 50 and not accustomed to vigorous exercise.

I agree to accept full responsibility for any injuries I may sustain while participating in this program.

Signature: _____ Date: _____

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INDIVIDUAL REGISTRATION FORM

Which of these fitness activities do you do now? (check the box of all that apply)

- | | |
|---|--|
| <input type="checkbox"/> I do no fitness activity now | <input type="checkbox"/> Walk |
| <input type="checkbox"/> Run | <input type="checkbox"/> Swim |
| <input type="checkbox"/> Ride Bicycle | <input type="checkbox"/> Other (specify) _____ |

If you do a fitness activity now, please indicate how many days each week you perform the activity(ies) checked above.

- A. Walk _____ days each week
- B. Run _____ days each week
- C. Swim _____ days each week
- D. Ride bicycle _____ days each week
- E. Other activity _____ days each week

Write the number of minutes each day you perform the activity(ies) checked above.

- A. Walk _____ minutes each day
- B. Run _____ minutes each day
- C. Swim _____ minutes each day
- D. Ride bicycle _____ minutes each day
- E. Other activity _____ minutes each day

Please Submit all Individual Registration Forms (Total of 4 Per Team)

Email or Drop Off

Due: Monday, March 20-

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INDIVIDUAL MILEAGE LOG

Name: _____ Team Name: _____

Phone: _____ Captain's Name: _____

Captain's Phone: _____

Directions:

- Record your daily mileage on this Individual Mileage Log.
- Report in (phone, fax, mail or e-mail) your weekly total miles to your Team Captain every Monday. Also report any successes you have had (like feeling better, spending more time with your family, sleeping better, losing weight, losing inches, lower blood pressure, clothes fitting better, watching less TV, etc.).
- When Walk Across Tennessee is over, total all your miles.
- Turn in this form along with your completed Walk Across Tennessee Wrap-Up form to your Team Captain after the 8th week.

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INDIVIDUAL MILEAGE LOG

Day		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Sunday	mi.								
Monday	mi.								
Tuesday	mi.								
Wednesday	mi.								
Thursday	mi.								
Friday	mi.								
Saturday	mi.								
Totals	mi.								

Total Miles Walked _____
(add weekly totals above)

Total Pounds/Inches Lost _____
(add total above)

About how many minutes did you usually walk each time you walked?

*** Start Date: March 20th**

*** Last Day to Log Mileage: May 14th**

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MILEAGE CONVERSION CHART

Mileage Equivalents for Exercise Activities

Activity	Time to Equal 1 Mile
Aerobics (low impact)	16 minutes
Aerobics (moderate)	13 minutes
Aerobics (high impact)	11 minutes
Basketball	11 minutes
Bicycling (leisure)	20 minutes
Bicycling (moderate)	10 minutes
Bicycling (vigorous)	8 minutes
Bowling	20 minutes
Dancing (all types)	15 minutes
Elliptical	10 minutes
Fencing	15 minutes
Football	15 minutes
Gardening	15 minutes
Golf (walking)	20 minutes
Hiking (general)	12 minutes
Hiking (20-42 lb. load)	9 minutes
Jump Rope (slow)	11 minutes
Jump Rope (mod.)	8 minutes
Kickboxing/Karate	7 minutes
Pilates	20 minutes
Resistance Training	27 minutes
Rollerblading	10 minutes
Rowing/Kayaking	27 minutes
Rowing (moderate)	13 minutes

Activity	Time to Equal 1 Mile
Skating	20 minutes
Skiing (cross-country)	10 minutes
Skiing (down hill)	15 minutes
Soccer	10 minutes
Stationary Bike (light)	16 minutes
Stationary Bike (mod.)	11 minutes
Stationary Bike (vig.)	8 minutes
Stretching	3 hr. 33 minutes
Swimming (leisure)	15 minutes
Swimming (moderate)	12 minutes
Swimming (treading)	41 minutes
Swimming (vigorous)	9 minutes
Tai Chi	24 minutes
Tennis	10 minutes
Treadmill	1 mile = 1 mile
Volleyball (match)	9 minutes
Volleyball (leisure)	23 minutes
Walking/Jogging (leisure)	20 minutes
Walking/Jogging (moderate)	10 minutes
Walking/Running (vigorous)	8 minutes
Water Aerobics	20 minutes
Wii Fit	15 minutes
Yoga	40 minutes
Yard Work	15 minutes

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WALK ACROSS TENNESSEE WRAP UP

It has been a pleasure to host Walk Across Tennessee (WAT). Your success and opinions are important to us. Please help us plan the future for Walk Across Tennessee by taking a few minutes to complete this form.

Participating in Walk Across Tennessee

	Yes	No	Not a Goal
1. Reduced by stress			
2. Improved by sleep			
3. Increased by energy level			
4. Reduced or helped me stop smoking			
5. Reduced my blood pressure			
6. Reduced my blood sugar level			
7. Decreased my blood cholesterol level			
8. Decreased my pain from arthritis			
9. Increased my exercise routine during WAT			
10. Helped me lose weight (How many lbs?____)			
11. Will you continue to exercise after WAT ends?			

Your success is important to us. How has Walk Across Tennessee helped you?

Thank You for Participating and Happy Walking!

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