



- ⇒ Get 8 people (4 if you are all jogging or cycling) together and name your team. At least half of your team must be DeKalb County residents.
- ⇒ Download Captain's packet and individual registration forms for each team member at <https://dekalb.tennessee.edu>. (Download registration forms separately if not in this packet). Give each team member a copy of the *individual mileage chart*, *exercise conversion chart*, and *registration form*. These are at the UT Extension office and the DeKalb County Complex if you are unable to download them. Registration forms and team forms are due on or before **Monday, April 2. Please turn these in as a team and not individually.**
- ⇒ Encourage team members to attend Kick Off on **Monday, April 2** at 6:00 PM at **Green Brook Park**. Begin counting your exercise **April 2**. Each Sunday ends one week of exercise. Contact team members to get their weekly totals (Monday – Sunday) and record this on the *Team Mileage Chart*. Exercise ends on **Sunday, May 27. Please turn in final team AND individuals totals by Monday, May 28. Awards will be on Monday, June 4 at 6:00 PM at Green Brook Park**

Encourage team members to like our Facebook page (Walk Across Tennessee DeKalb County) so they can see weekly team challenges and other posts. **The first team challenge will be to get at least 4 of your team members together to make a video promoting Walk Across Tennessee. One team member needs to post it on their page as well as the Walk Across Tennessee team page. The team that wins will a nice thermal tote bag for each team member!!!**

- ⇒ Mail team mileage on the enclosed form with each individual members mileage listed to April Martin by Monday each week (amartin3@utk.edu) or call 615-597-4945. You can also fax 615-597-1421. *The faster you can do this, the faster we can report team totals for the week on the Walk Across Tennessee DeKalb County Facebook Group Page and the UT Extension DeKalb County website (<http://dekalb.tennessee.edu>).*

Walk Across Tennessee DeKalb County Team Registration Form

Team Name: _____

Team Captain's Name: _____

Captain's Telephone: _____

Email _____ ---

Member Names	Tshirt size:
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____

Team Goals:

- ⇒ To enjoy the exercise of walking with family, friends or co-workers during the *Walk Across Tennessee* program.
- ⇒ To record miles that you walk on your the log and help the team get 500 miles...distance across Tennessee!
- ⇒ To encourage your teammates and others to complete their journey!

Call in or email weekly totals to your Team Captain every Sunday

Day of the week	End of wk. 1 4/8	End of wk. 2 4/15	End of wk. 3 4/22	End of wk. 4 4/29	End of wk. 5 5/6	End of wk. 6 5/13	End of wk. 7 5/20	End of wk. 8 5/27
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
Total								

Monday, April 2 ~~ WAT Kick Off

(6:00 PM) at Green Brook Park

(attendance not required, but encouraged)

Monday, April 2~~ Start exercising

Sunday, May 27 ~~-Last Day exercise

Monday, May 28~~Team captains turn in final mileage to April Martin

Monday, June 4— Awards, 6 pm at Greenbrook Park

MY TEAM CAPTAIN IS _____ MY TEAM IS _____

Team totals will be posted weekly on the Walk Across Tennessee DeKalb

County Facebook Group Page and the UT Extension DeKalb County

Team Captains: Call, email, or fax team mileage each Monday to April Martin Email: amartin3@utk.edu; Phone: 615-597-4945; FAX: 615-597-1421. (individual totals only needed on week 8)

Walker's Name	End of wk. 1	End of wk. 2	End of wk. 3	End of wk. 4	End of wk. 5	End of wk. 6	End of wk. 7	End of wk. 8
	4/8	4/15	4/22	4/29	5/6	5/13	5/20	5/27
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								
Total								

It has been a pleasure working with you during your Walk Across Tennessee. Your success and opinions are important to us. Please help us to plan and improve future WAT's by filling out this survey. Please bring this with you to the Award's night or fax to the UT office at 615-597-1421.

	Yes	No	Not a Goal
Reduced Stress			
Improved Sleep			
Increased Energy			
Reduced or Help Me Stop Smoking			
Reduced Blood Pressure			
Reduced Blood Sugar Level			
Decreased Blood Cholesterol Level			
Decreased Pain of Arthritis			
Increased Exercise Routine during WAT			
Lost ____pound during WAT			
Will Continue to Exercise after WAT			

Thank You

average caloric burn for a person who weighs 150 pounds. Your distance in miles may be lesser or greater depending on your weight and the intensity of your exercise. Check out our article in the Walk Across Tennessee News on how to monitor intensity from American Council of Exercise.

1. To count any exercise you do for the competition, the exercise must be intentional and consistent for at least 15–20 minutes. For example, if you start out walking for 7 minutes and then stop to drive to the store, then later do some light housework for 10 minutes, this should not count. While it is helpful to get any amount of exercise, we are trying to make this competition as fair to everyone as possible.
2. Only registered team members can participate. Team members cannot be “switched out” throughout the contest without the approval of UT Extension office. Teams that break this rule will be disqualified.
4. Above all, be as honest as possible. Try to not “fudge” your mileage. We want this to be a fair competition.
5. If 4 or more people on the team are primarily running or bicycling, then the team is limited to 4 people to make the competition more fair to teams who are walking or doing other exercises.

Tennessee Participants

Below is a chart to change some other exercises to miles. Walk Across Tennessee is all about moving for fitness. Other types of exercise can be converted to miles. Below is a chart to change some other exercises to miles:

Aerobics	20 min = 1 mile
Backpacking	13 1/2 min = 1 mile
Badminton	20 min = 1 mile
Basketball (recreational)	15 min = 1 mile
Basketball (game)	12 min = 1 mile
Bicycling (easy pace)	15 min = 1 mile
Bicycling (moderate pace)	12 min = 1 mile
Bicycling (vigorous pace)	9 1/2 min = 1 mile
Circuit Training	12 min = 1 mile
Cleaning House (at a fast pace)	30 min = 1 mile
Dancing, line	15 min = 1 mile
Dancing, aerobic	15 min = 1 mile
Exercise class	17 1/4 min = 1 mile
Elipitical	1 mile = 1 mile
Gardening (digging)	12 min = 1 mile
Gardening (planting)	20 min = 1 mile
Gardening (raking)	30 min = 1 mile
Fishing (walking along bank)	20 min = 1 mile
Martial Arts	25 min = 3 miles
Mowing Lawn (using push mower)	13 1/2 min = 1 mile
Painting/papering	20 min = 1 mile
Pilates	30 min = 1 mile
Playing with children	24 min = 1 mile
Racquetball	13 1/2 min = 1 mile
Rowing	20 min = 1 mile
Running	1 mile = 1 mile
Shuffleboard	30 min = 1 mile
Softball	20 min = 1 mile
Spinning	15 min = 1 mile
Swimming (leisurely)	15 min = 1 mile
Swimming (vigorous)	9 1/2 min = 1 mile
Tai Chi	24 min = 1 mile
Tennis (singles)	12 min = 1 mile
Tennis (doubles)	15 min = 1 mile
Walking	1 mile = 1 mile
Washing car (by hand)	24 min = 1 mile
Water Aerobics	24 min = 1 mile
Weight Lifting (light/moderate)	30 min = 1 mile
Weight Lifting (vigorous effort)	15 min = 1 mile
Yard Work	17 1/4 min = 1 mile
Yoga	24 min = 1 mile