

# Girl Scouts of California's Central Coast



## Walk the Way Patch Program

***Everyone must complete the following 5 requirements:***

1. Set monthly walking goal for yourself, your troop or your family. How many steps/miles will you commit to reaching? For example: if your goal is to walk at least 4,000 steps in a day, after 30 days this would be 120,000 steps. You would be 60 miles closer to Juliette Gordon Low's hometown, Savannah, Georgia.

What is your monthly goal? \_\_\_\_\_

2. Research stretching exercises that you can use before waling. Find at least 3 you can do easily each time before you walk.

What exercises will you do? \_\_\_\_\_

3. Research the health benefits of walking. Discuss these with your troop and/or family.

Which benefit do you think will help you the most? \_\_\_\_\_

4. Review the route you would take to get to Juliette Gordon Low's house in Savannah, Georgia. Locate and research 2 stops along the way that you would enjoy exploring.

What are those locations? \_\_\_\_\_

Why are they of interest to you, your troop or your family? \_\_\_\_\_

5. Research the area around Juliette Gordon Low's birthplace. Find 2 things you, your troop or your family would like to do while in Savannah that you could walk to from Juliette Gordon Low's birthplace.

What are those activities? \_\_\_\_\_

How many steps will you take to get to those locations? \_\_\_\_\_



## Additional Activities

***Everyone must complete 2 additional activities from the list below:***

1. Challenge yourself: Sign up and complete a 5k. Want more?! Try a 10k!
2. Create a step tracker poster to show how far you, your troop or family have traveled.  
Get creative! Use a map of the U.S. and show others the route you, your troop or your family traveled and where you stopped on your way.
3. If possible, walk to school for one week. Consider safety first and your family's schedule before choosing this activity. Track how many steps you walked.
4. Visit a Mall with your troop or family. Track your steps on this visit. Did the step total surprise you? How many loops around this location equal a mile? (alternative locations to visit: zoo, aquarium, amusement park)
5. Turn your feet into wheels! Bike or skate your usual walking route.
6. Challenge yourself: take a hike somewhere new. (For example, at your greenway, at a local county, or state park, at your closest national park)
7. Convince a family member to join you on this walking challenge.
8. Walk somewhere and have a picnic with your troop or family.



## Girl/Troop/Family *Monthly* Walking Log

Troop: \_\_\_\_\_ Girl/Leader(s)/Family Name: \_\_\_\_\_  
Month: \_\_\_\_\_ Overall Girl/Troop/Family Monthly Goal: \_\_\_\_\_

Name of Participant	Total steps over month	Miles walked over month	Number of day tracked

**Please feel free to use this form for your own records. This form does not need to be submitted. Thank you!**



## Girl/Troop/Family Weekly Tracking Log

Troop: \_\_\_\_\_ Girl/Leader(s)/Family Name: \_\_\_\_\_

Week of: \_\_\_\_\_ Overall Girl/Troop/Family Weekly Goal: \_\_\_\_\_

Name of Participant	Total steps over month	Miles walked over month	Number of day tracked

Please feel free to use this form for your own records. This form does not need to be submitted. Thank you!