

Connection Points

Remember that each connection counts as three points (or 30 minutes of walking!). Try these activities over the next four weeks to earn extra points!

Week 1

- Take pictures of the things you notice on your walk or jot down notes about your walking experiences.
- Download and use a new app for tracking your steps and distance.
- Find and listen to a new song that motivates you while you walk.
- Find an accountability partner and make a plan for encouraging one another.

Week 2

Visit a new trail or take a hike in a natural spot near you.

- Take a picture of your nature walk and post in our walking challenge group or using the [#WalkwithFF2021](#)
- Take a kid, or an older adult, on a walk. Visit a natural area with someone outside of your age bracket. Share what you see and notice.

Week 3

- Invite a friend, neighbor or family member to join you for a walk. Use the time to interview one another to learn something new about each other's lives and interests. StoryCorps has great tips for getting a conversation started. This can be a great way to make an intergenerational connection! Share your story of connection with us via social media or by submitting a success story.
- Make a map. Print a map of your neighborhood or community using Google Maps or other online tool. You could also use a traditional paper map. As you walk and take note of the places in your community that have meaning, mark them and share with your team or partner or family and friends. Use the time to learn about one another and the values and dreams you share for your community.

Week 4

- Brainstorm ways to support walking throughout the year with your faith community.
- Call a friend and talk about your hopes for your friendship and community.
- Talk with a child, an older adult, or someone outside of your age bracket about what gives them hope. Take a walk and dream together!