



OVERVIEW

Faithful Families
Virtual
WALKING CHALLENGE

Faithful Families Virtual WALKING CHALLENGE

OVERVIEW

Before starting the Virtual Walking Challenge, make sure you consult your physician or other health care professional. This is particularly important if you have a history of type 1 or type 2 diabetes, high blood pressure, or heart disease, or if you have ever experienced discomfort while exercising.

Congratulations on taking on the Faithful Families Virtual Walking Challenge!

The following overview provides tools and resources that have been created to help you implement this challenge while being physically distanced.

The Virtual Walking Challenge is a fun way to encourage everyone in your faith community to stay physically active. During the **four-week event**, participants challenge each other to increase how much they walk from week to week.

The challenge includes **weekly newsletters with quick tips and ideas** that anyone can use to walk more. Participants try to follow these tips every day during the challenge period. **For every 10 minutes of walking, the participant receives 1 point.** The Walking Challenge log offers an easy way to record the number of points accumulated each day during the challenge. Participants will be using the log to keep track of their points.

At the end of the challenge, participants count the total number of points accumulated on their Walking Challenge log. Prizes or recognition may be given to the participants who earn the most points during the competition.

The Virtual Walking Challenge can also be done with teams. Each team encourages its participants to complete the four-week challenge. The team that earns the most points wins the challenge prize.

Materials for the challenge are available for download at: FaithfulFamilies.com.

These materials include:

- Announcement poster
- Sign-up Sheet
- Walking Challenge Log
- Weekly newsletters
- Certificate of achievement
- Evaluation survey



Organizing the Virtual Walking Challenge

1. **TALK** with faith community's leadership about the Faithful Families Virtual Walking Challenge. Send them the challenge materials to review. Remind leadership that increasing physical activity will help people in the faith community to be and feel healthier during this time of social distance.
2. **DETERMINE** any prizes (e.g., fun socks, water bottle, etc.) or type of recognition for the winning participants. Be creative!
3. **ANNOUNCE** the Virtual Walking Challenge (poster template is provided). Consider sharing information through mail, email, text, social media, and/or website postings. Decide if the faith community will compete as individuals or teams.
4. **DESIGNATE** a Virtual Walking Challenge Team Leader for each team. The Team Leader will:
 - a) Keep track of team members using the Sign-up Sheet.
 - b) Help promote the event and recruit team members.
 - c) Distribute the Walking Challenge log and weekly newsletters to team members.
 - d) Collect and report the total number of points accumulated by the team.
 - e) Encourage team members to share their challenge experience on social media.
5. **RECRUIT** participants by mail, email, text, social media and/or website postings. A Sign-up Sheet is provided, which can be filled out on the computer or printed and filled out by hand.
6. **DISTRIBUTE** the Walking Challenge log to participants by mail or email. Remind the participants to keep a copy of the Walking Log with them so that they can enter points any time they complete 10 minutes of walking. The log can be filled out on the computer or printed and filled out by hand.
7. **SEND** weekly newsletters to team members. These tips can be printed and mailed or emailed to participants.
8. **REMINDE** participants of the Virtual Walking Challenge end date one week in advance. Set a designated procedure for collecting the Walking Challenge logs. If the logs will be collected via email, be sure participants know the date and time their logs are due as well as the email address they should send the logs.
9. **COLLECT** the Challenge Logs on the designated collection date.
10. **NOTIFY** winners within two days of collection. Sending out an email or post an announcement to recognize the participants. Consider making an announcement through faith community's communication channels, which could include virtual services or events. Sign and send participants a Certificate of Completion.
11. **EVALUATE** the Virtual Walking Challenge. Make a note of how many people participated. Use the provided Evaluation Survey to find out what they found helpful and what they thought was missing. The Evaluation can be filled out on the computer or printed and filled out by hand.
12. **FOLLOW-UP** with faith community leadership about the program's successes and challenges and share the evaluation results. If participants had any ideas about how to promote walking in the faith community, talk with leadership about these ideas.

Download Virtual Walking Challenge materials at FaithfulFamilies.com

COMING SOON!

Faithful Families WALKING CHALLENGE



This challenge will help you to move more by offering simple suggestions to increase physical activity through walking.

The weekly newsletters and walking log will make it easy for you to earn and track your Walking Challenge points.

MOVING MORE IS EASY. SIGN UP NOW.

DON'T BE LEFT OUT! JOIN THE FUN.

Remember to check the weekly newsletters for updates, recipes, and more!

This challenge will begin on _____ and end on _____

For more information about the challenge, contact _____ at _____






SIGN-UP SHEET

Take the first step to a healthier life by participating in the Faithful Families Walking Challenge. The challenge offers tips to help you increase physical activity by walking, and a promise: a big reward to track your progress. Sign up below to participate!

The Walking Challenge begins on _____ to participate.

Sign up by _____.

Full Name	Phone	Email



Sign-Up Sheet

Poster

WALKING LOG

Use this log to keep track of your challenge points each day. Mark down one point for every mile walked. Add the total number of points at the end of the challenge and submit your log to the challenge coordinator.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Week 1								
Week 2								
Week 3								
Week 4								
TOTAL CHALLENGE POINTS:								

Walking Log

CERTIFICATE OF PARTICIPATION

THIS CERTIFICATE IS AWARDED TO _____

FOR THE SUCCESSFUL COMPLETION OF THE FOUR-WEEK Faithful Families WALKING CHALLENGE.




Signature: _____ Date: _____

Certificate

EVALUATION



You recently participated in the Faithful Families Walking Challenge. Please complete this evaluation survey. Thank you!

Faith Community: _____
County: _____

Name: _____

1. I would like to participate in similar activities in the future.	Yes	No	Not Sure
2. I would recommend this activity to others.	Yes	No	Not Sure
3. I have increased my physical activity through walking as a result of this challenge.	Yes	No	Not Sure
4. Participation in the activity has encouraged me to continue walking as a physical activity after the program ends.	Yes	No	Not Sure
5. The best/most helpful part of this activity was _____.			
6. This activity could be improved by _____.			
7. I heard about this challenge activity from: (check all that apply)			
... Faith Community	Yes	No	Other
... Faith community member	Yes	No	Other
... Faith community leader (e.g., Pastor, Bishop, Ministry leader, etc.)	Yes	No	Other
8. For future health walking and/or physical activity challenge programs, I am interested in _____.			

Please return this survey to your Walking Challenge coordinator: _____

Evaluation

Faithful Families Walking Challenge

NEWSLETTER WEEK 1

"You can't change where you come from. You can change where you are going!"

—Anonymous

GETTING STARTED
Pick an area right in walking walking a part of your daily routine.

BRING FRIENDS AND FAMILY

- Walk with a friend or a group.
- Get your family involved. Walk with them in a trailer or wagon. If the weather is bad, use a treadmill or a stationary bike.
- Walk with your dog. Dogs love to walk with you and they love to walk with you.
- Walk with your pet. Dogs love to walk with you and they love to walk with you.

SAFETY IS IMPORTANT!
Stay alert. Avoid dark areas and dangerous roads. Use reflective gear. Use reflective gear. Use reflective gear.

WEATHER

- Wear comfortable and appropriate walking shoes.
- Wear a hat and sunglasses.
- Wear a reflective vest or reflective gear.
- Wear a reflective vest or reflective gear.

DETERMINE YOUR ROUTE

- Walk on a paved path, avoid parking lots of your faith community.
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SET A TIME AND PLACE

- Walk daily. Begin walking in the morning or in the afternoon.
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More Move Break

For more on North Carolina's walking campaign, visit NorthCarolinaWalking.com.

Newsletter Week 1

Faithful Families Walking Challenge

NEWSLETTER WEEK 2

"The first wealth is health."

—Hugh Downs Bennett

STEP OUT
Make the walking a part of your daily routine. It is time to stop and get up and walk. It is time to stop and get up and walk.

ENJOY THE NATURAL BEAUTY OF THE OUTDOORS

- Walk in a park.
- Walk on a trail.
- Walk on a path.
- Walk on a path.

WALK WITH YOUR COMMUNITY

- Walk with your church group.
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More Move Break

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Newsletter Week 2

Faithful Families Walking Challenge

NEWSLETTER WEEK 3

"All truly great thoughts are conceived while walking."

—Rudolf Steiner

STEP IT UP
Take your walk to the next level. Add some variety to your walk.

STAY HYDRATED

- Bring water with you.
- Bring water with you.
- Bring water with you.
- Bring water with you.

BRISK WALK

- Walk briskly.
- Walk briskly.
- Walk briskly.
- Walk briskly.

POWER WALKS

- Walk with purpose.
- Walk with purpose.
- Walk with purpose.
- Walk with purpose.

More Move Break

For more on North Carolina's walking campaign, visit NorthCarolinaWalking.com.

Newsletter Week 3

Faithful Families Walking Challenge

NEWSLETTER WEEK 4

"Movement is the celebration of life."

—John Deere

STAY MOTIVATED

- Walk with a friend.
- Walk with a friend.
- Walk with a friend.
- Walk with a friend.

More Move Break

For more on North Carolina's walking campaign, visit NorthCarolinaWalking.com.

Newsletter Week 4

Download materials at FaithfulFamilies.com

FAITHFUL FAMILIES Thriving Communities

