



Guide for Participants

What is Walk TX and More?

Walk TX and More is a free and fun physical activity program for those who want to become more physically active or want to stay motivated. During the 10 weeks, you keep track of your own daily/weekly physical activity, which converts to points based on the length and type of activity. At the end of the 10 weeks, you receive a medal based on the points you have earned. You can do the Challenge on your own or with a group. Here are the points for different types of physical activity:

Activity Chart					
Points are for EVERY 30 MINUTES per activity.					
Activity	Points	Activity	Points	Activity	Points
Badminton	4	Hand Wash Car	4	Stationary Bike	4
Baseball/Softball	5	Hiking	6	Stretching	2
Basketball	7	House Cleaning	4	Swimming Laps	8
Bowling	3	Jogging/Running	7	Tennis	5
Boxing	7	Jump Roping	7	Volleyball	6
Canoeing	5	Kickball	5	Walking (Brisk)	5
Circuit Training	6	Martial Arts	7	Weight Lifting	6
Cycling	7	Pilates	5	Wheelchair Basketball	7
Dancing	6	Ping Pong	3	Yard Work	5
Disc Golf	4	Rowing	7	Yoga	5
Football (touch)	7	Skating	6	ZUMBA	6
Frisbee	3	Soccer	7	Other	5
Golf (walking course)	3	Stair Climbing	6		

Who can participate? Adults 18 years and older, who live or work in Travis County can participate.

How much does it cost to participate? It's FREE!

How do I find a group?

There are active groups meeting in different areas at various times and locations. Please see our Walk TX and More Meet Up page [HERE](#) for more information about current groups. You can also start your own group. Please see the Group Leader Guide [HERE](#).

How do I sign up and get started?



Please fill out the registration form before getting started. This can be done online [HERE](#). If you would rather fill out a paper copy and mail it in or drop off the forms, please contact the Walk TX and More Coordinator at walktexas@austintexas.gov or call (512) 972-5463. Please review these safety tips [HERE](#) before you get started.

Then begin your 10-week challenge and begin recording your point totals for each day/week of the challenge. You can keep track of your points any way you like. Some people chose to use a spreadsheet or chart. Check out our 10-Week Log [HERE](#).

At the end of your Challenge, complete an Award Form by clicking [HERE](#). Your Group Leader will contact you to give you your prize (water bottles or sweat towels, based on availability) and medal. If you are not in a group, the Coordinator will contact you once your form is received.

This chart shows the point range for each medal.

Medal*	Point Range	Example of Frequency
Bronze	120-199 points	Walk 30 minutes, 3 times a week
Silver	200-319 points	Walk 30 minutes, 5 times a week
Gold	320 + points	Walk 60 minutes, 4 times a week or jog 30 minutes, 5 times a week

*Medals are pendants that can be worn on clothing, hats, etc.