

# AUSTIN MOVES GROUP LEADER GUIDE

*Thank you for stepping up as a Group Leader for the Austin Moves Walking Program!*

*This guide is here to help you understand your role, responsibilities, and resources as you lead your group through this 6-week walking journey.*



## GROUP LEADER RESPONSIBILITIES

Organize & Motivate your group

Lead and coordinate group walks 2 times a week

Track attendance & motivate your group to the finish line!

## ATTENDANCE

As a Group Leader, you're responsible for keeping track of your group's attendance.

**You can do this in one of two ways:**

### 1. Online Entry

- Log attendance by entering the names of participants who walked and the date your group walked.

### 2. Paper Check-In

- Use the printed attendance sheet to check off each participant who walked.
- At the end of the week, take a photo of the completed sheet and share it in the WhatsApp group.

## PROGRAM OVERVIEW

Austin Moves is a 6-week community walking program for adults, designed to promote physical activity, build connections, and celebrate health across Austin and Travis County.

## REGISTRATION PROCESS

### 1. Visit the Registration Page

- Go to the official Austin Moves registration site:

[https://austinpublichealth.formstack.com/forms/austinmoves\\_fall25](https://austinpublichealth.formstack.com/forms/austinmoves_fall25)

### 2. Sign up as a Group Leader

Enter your details, including:

- Name
- Walking location
- Schedule (days/times your group will meet)

### 3. Help Others Register (if needed)

If you're assisting others, ensure they register as Participants.

Note: Each participant must complete their own waiver.

### 4. Join the Community

After registering, you can be added to the Austin Moves WhatsApp group once your group is set up.

- You'll receive a notification once your access is confirmed.



# AUSTIN MOVES GROUP LEADER GUIDE

## TIPS FOR SUCCESS

- Create a welcoming environment for all participants
- Stick to consistent walking times and locations
- Communicate with your group if you need to miss a walking session! (If you need to miss a session due to bad weather or sickness, you can make it up another day during the same week!)
- Ensure safety: walk in safe, well-lit areas and stay mindful of weather
- Encourage hydration, stretching and wearing proper gear (sunscreen, hats, and comfortable shoes)
- Celebrate each other's milestones and motivate your group with positive energy!
- 🎉 Don't miss out! To earn your gift card at the Finish Line Event, be sure your group has 3 or more members at the program's end.



## RESOURCES & SUPPORT

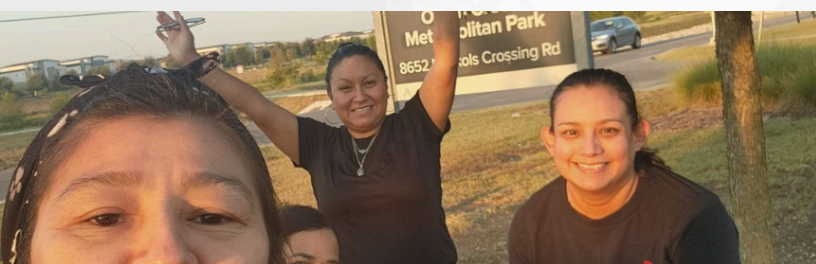
Visit the Austin Moves website for downloadable guides, FAQs, and contact information.

If you have any questions, reach out to the Austin Moves team at any time.

**512-810-6074**

**[daniella.castillo@austintexas.gov](mailto:daniella.castillo@austintexas.gov)**  
v

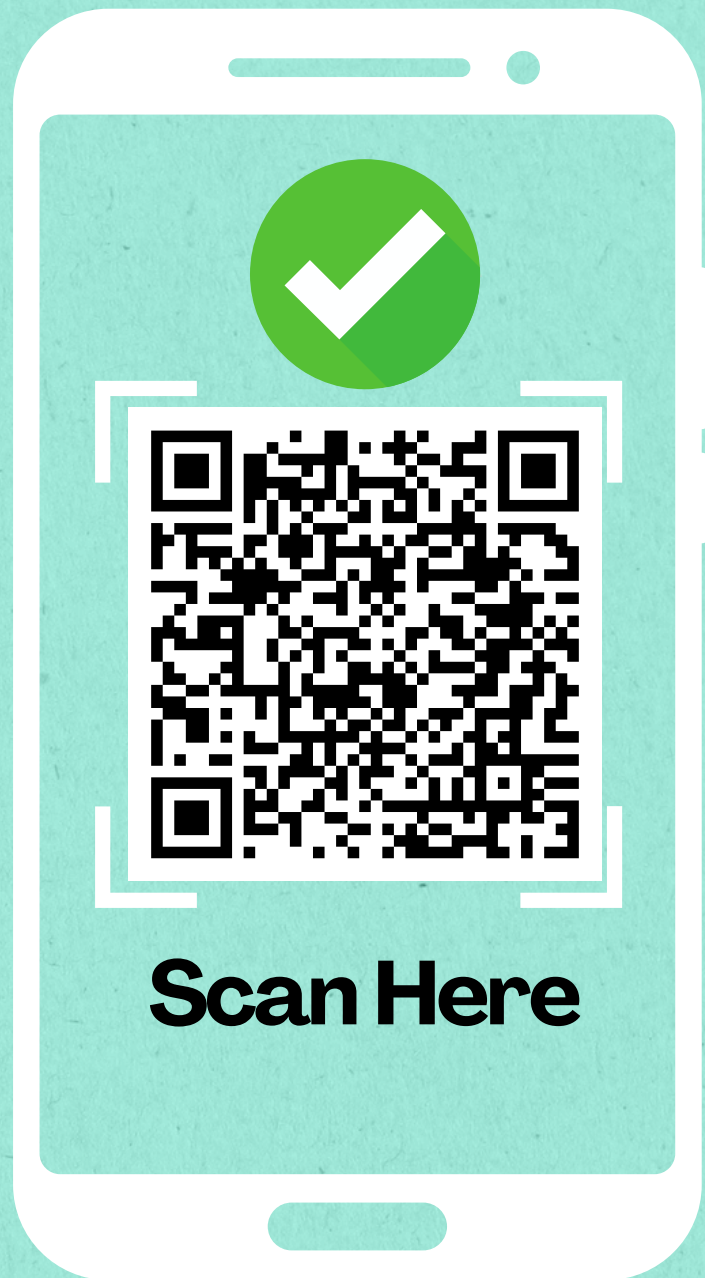
Thank you again for volunteering as a Group Leader. Your leadership helps create a healthier, more connected Austin. We can't wait to walk with you!



# Austin Moves Registration Form



# Austin Moves Attendance Form



# Austin Moves Final Survey

