

Girl Scouts of Middle Tennessee

Walk this Way Patch Program



For: Girl Scouts of all levels and their families are welcome to participate

When: Ongoing

Purpose: Girls need to feel good about themselves physically and mentally. Our healthy living initiative helps girls sort through the challenges of growing up while teaching them good nutritional and exercise habits and the benefits of an active lifestyle. Walking is the simplest form of exercise and it is right at our feet! “Walk this way” and join us as we virtually walk from our local headquarters Girl Scouts of Middle Tennessee in Nashville to various locations in the United States.

Facts: *Average steps in a mile—2,000*

- *Miles from Nashville to Savannah—500 miles*
- *There are approximately 1,000,000 steps from Nashville to Savannah*
- *Miles from Nashville to NYC—900 miles.*
- *There are approximately 1,800,000 steps from Nashville to NYC*

Program: The requirements for completing this patch program are listed on page 2. All participants must complete 5 requirements including your choice of additional activities listed on page 3. Once requirements are fulfilled Troop Leaders or a responsible adult is responsible for evaluation and purchase of the patch. The certificate in this packet will need to be printed, filled out and brought to the Nashville Girl Scout Shop to purchase the patch. The patch is located behind the counter; please ask our friendly Shop experts to help you.

You choose your destination (Savannah, New York, etc.). Each year, a new destination will be added. If you’d like to continue the program, you need to walk the distance for your new location and complete one additional activity as listed on the Additional Activities page. State-shaped patches are available that can be added to indicate completion of your new goal.



Fee: There is no initial fee, just the cost of the patch once you are ready to purchase it from the Nashville Girl Scout Shop.

To register: No registration necessary

Questions: Please contact Meredith Banaszak at mbanaszak@gsmidtn.org or 615-460-0231

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Walk this Way Program Requirements



Everyone must complete the following requirements:

1. Set a monthly walking goal for yourself, your troop or family . How many steps/miles will you commit to reaching? For example, if your goal is to walk at least 4000 steps in a day, after 30 days this would be 120,000 steps. That would equal 60 miles.

What is your monthly goal? _____

2. Research stretching exercises that you can use before walking. Find at least 3 you can do easily each time before you walk. What are they?
3. Find out some health benefits to walking. Discuss these as a group and share which one benefit you think will personally help you.
4. Review the route you would take to reach your destination. Find and research two stops along the way that you would enjoy exploring. What are these locations? Why would they of interest to other walkers?

[Click here to view the map from Nashville to Savannah](#)

- What does Savannah have to offer if you were to visit the Girl Scouting Birthplace? Find at least one thing girls in your troop would like to do while in Savannah that you could walk to.

[Click here to view the map from Nashville to NYC](#)

- What does NYC have to offer if you were to visit GSUSA? Find at least one thing girls in your troop would like to do while in NYC that you could walk to.

5. Complete at least one of the additional activities. You may complete as many of these activities as you would like, but you must complete at least one of them. (Details listed on page 3)

Additional Activities

Choose from the following additional activities:

1. Challenge yourself: Sign up and complete a 5K. Want more?! Try a 10K!
2. Create a step tracker poster to show how far your troop or family has traveled. Get creative! Use a map of the U.S. and show others the route you or your troop/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.
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: a 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, local park or state park)
7. Convince a family member to join you on this walking challenge.
8. Walk somewhere and have a picnic with your family or your troop.
9. Go to an aerobics class at your local community center or gym.

Weekly Tracking Log



Name: _____

Troop: _____

Week of: _____

Overall goal for the week: _____

Day	Steps	Miles	Amount of time walked	Other forms of exercise completed
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Week Total				

Distance to reach Goal:	
Ideas to incorporate to make my walking more fun and engaging:	
Notes:	

Troop/Family Monthly Walking Log



Troop: _____

Leader(s)/Family Name: _____

Month of: _____

Overall Troop/Family Goal: _____

Name of Participant	Total steps over month	Miles walked over month	Number of days tracked
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
Totals for Troop/Family			

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

Walk this Way Patch Program Completion Certificate



Please complete this certificate to receive the Walk this Way patch and/or state patch .

(Name/ Family or Troop)

Has completed the Walk this Way Patch requirements for
Nashville to Savannah / New York City
(please circle one)

As an individual, family or troop I/we have walked

----- miles

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