

Walk this Way Patch

**VIRTUAL
EDITION**

Join us as we virtually walk from Nashville to places all around the country!



What will I need?

- Program requirements found on the next page
- Good walking shoes!

Where should I go?

Outdoors: either on sidewalks, on a nature trail, or any other place you like to walk

Parents corner

Please make sure you are walking in a safe location with a buddy or adult supervision.

girl scouts 
of middle tennessee

There's More!

What do I already know?

1. Where do you want to walk? From your home to the Girl Scout Service Center in Nashville? To Memphis? To Savannah, GA? To New York City?
2. How many miles is it to your destination?
3. There is an average of 2,000 steps in a mile. How many steps will you need to take to reach your goal?



INSTRUCTIONS

1. Set a walking goal for yourself. How many steps/miles will you commit to reaching?
2. Create a tracking log for your step taking. The log should include: the date, number of steps you take, number of miles, and amount of time you walk.
3. Research stretching exercises that you can do before walking. Find 3 you can do easily each time before you walk.
4. Find out some health benefits to walking. Think about which one will benefit you the most.
5. Review the route you would take to reach your destination. Find and research 2 stops along the way that you would enjoy exploring.
6. Complete at least 1 of the additional activities on the next page.
7. Fill out this Google Form:
<https://forms.gle/aBwBFeZjFkR9BvA96>



Additional Activities

1. Sign up and train for a 5k.
2. Create a step tracking poster to illustrate how far you are walking.
3. Walk to various locations for 1 week. These could include: school, a religious center, a restaurant, a park, etc.
4. Turn your feet into wheels! Bike or skate your usual walking route.
5. Challenge yourself: take a hike somewhere new.
6. Convince a family member to join you on this walking challenge.
7. Walk somewhere and have a picnic.



What did I learn?

1. How many steps does it take to get to the destination you chose?
2. What are some stretching exercises that were helpful during your walks?
3. Did you see any health benefits by walking?
4. What did you enjoy the most about walking?



GREAT JOB

WANT TO SHARE YOUR GREAT WORK?

Have your parents upload all of your fabulous work to their Facebook or Instagram Pages and tag @GSMIDTN so all of your Girl Scout sisters can see too!

