



## OVERVIEW

# Holiday Walking Challenge



Eat Smart, Move More...  
**Maintain, don't gain!**

**H**OLIDAY  
Challenge

**NC STATE**

EXTENSION



NC DEPARTMENT OF  
**HEALTH AND  
HUMAN SERVICES**  
Division of Public Health

# Holiday Walking Challenge

## OVERVIEW

**C**ongratulations on implementing the Holiday Walking Challenge! The following provides tools and resources that have been created to help you implement this optional challenge.

The Holiday Walking Challenge is a fun way to encourage everyone in your setting to walk more every day. During the four-week event, participants challenge each other to increase how much they walk from week to week.

The challenge includes four weekly tip sheets with ideas and strategies that anyone can use to walk more. Participants follow these tips every day during the challenge period. For every 10 minutes of walking, the participant receives 1 point. The

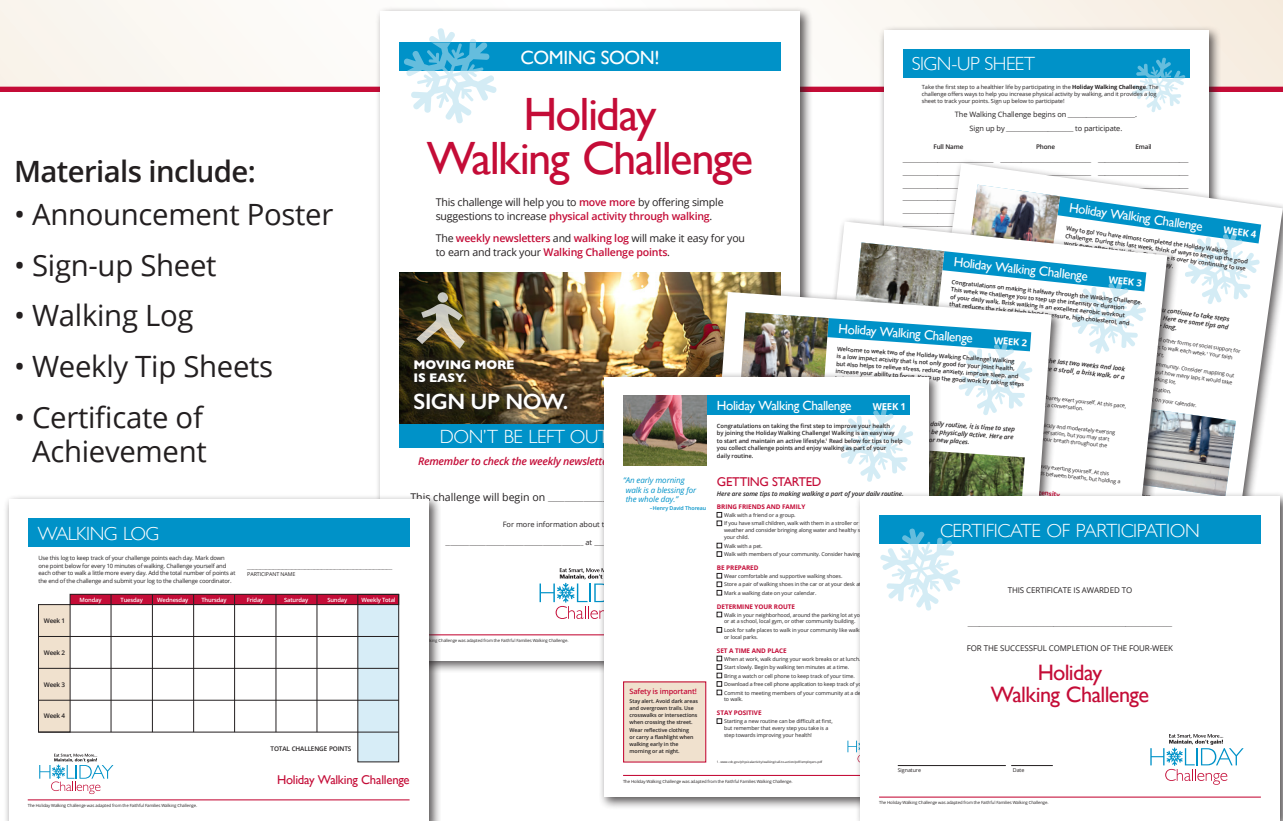
Holiday Walking Challenge Log offers an easy way to record the number of points accumulated each day during the challenge. Participants use the log to keep track of their points.

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

The Holiday 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 include:

- Announcement Poster
- Sign-up Sheet
- Walking Log
- Weekly Tip Sheets
- Certificate of Achievement



Materials are available for download at [esmmweighless.com/holidaychallengeprogram](http://esmmweighless.com/holidaychallengeprogram).

# Organizing the Walking Challenge

1. **DESIGNATE** a Holiday Walking Challenge coordinator. Ideally, this is the same person as the Holiday Challenge program coordinator the walking challenge is an optional add-on component to the Holiday Challenge program. The coordinator will distribute and collect log sheets from participants.
2. **DETERMINE** the prizes (e.g., fun socks, water bottles, etc.) or type of recognition for the winning participants or teams. Be creative!
3. **ANNOUNCE** the Holiday Walking Challenge. A sample announcement poster can be downloaded. Post the announcement in several locations and on bulletin boards. Consider sharing information through email messages, social media, and bulletin boards in your setting.
4. **RECRUIT** participants for the Holiday Walking Challenge by posting a sign-up sheet in appropriate places. The sign-up sheet can be downloaded or recreated digitally. Decide if competition will be between individuals or teams.
5. **DISTRIBUTE** the Holiday Walking Challenge log to participants. Remind the participants to keep a copy of the walking log with them most of the time so that they can enter points any time they complete 10 minutes of walking.
6. **SEND** the weekly tip sheets out in the Holiday Challenge newsletters Week 3 through Week 6.
7. **REMIND** participants of the Holiday Walking Challenge end date one week in advance. Set a designated place 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 walking logs.
8. **COLLECT** Holiday Walking Challenge logs on the designated collection date.
9. **NOTIFY** winners within two days of collection. Sending out an email or posting an announcement is a great way to conclude the Holiday Challenge Walking Challenge and recognize the participants.
10. **EVALUATE** the Holiday Walking Challenge after week 7 of the Holiday Challenge program and include the results in the wrap-up report. Make note of how many people participated. Use the evaluation survey to find out what they found helpful and what they thought was missing.



To learn about North Carolina's walking campaign, visit [MoveMoreWalkNowNC.com](http://MoveMoreWalkNowNC.com).

COMING SOON!

# Holiday 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 \_\_\_\_\_.

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**HOLIDAY Challenge**

The Holiday Walking Challenge was adapted from the Faithful Families Walking Challenge.

## SIGN-UP SHEET

Take the first step to a healthier life by participating in the **Holiday Walking Challenge**. The challenge offers ideas to help you increase physical activity by walking, and a promise to share in with your partner. Sign up below to participate!

The Walking Challenge begins on \_\_\_\_\_ to participate.

Sign up by \_\_\_\_\_.

Full Name	Phone	Email

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**HOLIDAY Challenge** **Holiday Walking Challenge**

Sign-Up Sheet

Poster

## EVALUATION

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

Faith Community: \_\_\_\_\_

State: \_\_\_\_\_

1. I intend 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. Yes No Not Sure  
 4. Participation in this activity has encouraged me to continue walking as a physical activity after the program ends. Yes No Not Sure  
 5. The instructor helped part of this activity was: \_\_\_\_\_  
 6. This activity could be improved by: \_\_\_\_\_

7. I heard about this challenge activity from (check all that apply):  
 \_\_\_\_\_ Pastor/Minister \_\_\_\_\_ Social Networking \_\_\_\_\_ Website  
 \_\_\_\_\_ Faith community member \_\_\_\_\_ Newsletter \_\_\_\_\_ Other \_\_\_\_\_  
 \_\_\_\_\_ Faith community leader (e.g., Pastor, Wellness Ministry Leader, etc.)

8. For future healthy eating and/or physical activity challenge programs, I am interested in: \_\_\_\_\_

Please return this survey to your Walking Challenge coordinator: \_\_\_\_\_ by \_\_\_\_\_.

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Evaluation

## WALKING LOG

Use this log to keep track of your challenge points each day. Mark down how far you walked or ran, how many steps you took, how many minutes you walked or ran, and how many minutes you stood. You can use this log to track your progress throughout the challenge.

PARTICIPANT NAME: \_\_\_\_\_

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Challenge Points
Week 1								
Week 2								
Week 3								
Week 4								

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Walking Log

## CERTIFICATE OF PARTICIPATION

THIS CERTIFICATE IS AWARDED TO \_\_\_\_\_

FOR THE SUCCESSFUL COMPLETION OF THE FOUR-WEEK

**Holiday Walking Challenge**

\_\_\_\_\_ Date: \_\_\_\_\_

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Certificate

### Holiday Walking Challenge WEEK 1

Congratulations on taking the first step to increase your health by joining the Holiday Walking Challenge!

**GETTING STARTED**  
**BRING FRIENDS AND FAMILY**  
**BE PREPARED**  
**DETERMINE YOUR ROUTE**  
**SET A TIME AND PLACE**  
**Safety is important!**

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Tip Sheet Week 1

### Holiday Walking Challenge WEEK 2

Welcome to week two of the Holiday Walking Challenge! Walking is a fun and healthy activity that can be done anywhere, anytime, and at your own pace.

**STEP OUT**  
**ENJOY THE NATURAL BEAUTY OF THE OUTDOORS**  
**USE PUBLIC COMMUNITY FACILITIES**  
**Consider the weather**  
**FRANKIE THE WOODS WITH A VIRTUAL WALKING RACE!**

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Tip Sheet Week 2

### Holiday Walking Challenge WEEK 3

Congratulations on making it halfway through the Holiday Walking Challenge. You are halfway there!

**STEP IT UP**  
**STROLL**  
**BEGIN WALK**  
**POWER WALK**  
**Stay hydrated!**

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Tip Sheet Week 3

### Holiday Walking Challenge WEEK 4

Wow! You've almost completed the Holiday Walking Challenge. You're almost there!

**STAY MOTIVATED**  
**Remember to stretch!**  
**Remember to stay hydrated!**  
**Remember to wear your sunscreen!**  
**Remember to wear your walking shoes!**  
**Remember to wear your walking shoes!**

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Tip Sheet Week 4

Download these printable materials at [esmmweighthless.com/holidaychallengeprogram](http://esmmweighthless.com/holidaychallengeprogram).

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