

# GSGLA to Savannah and Back

## Walking Patch Program 2011-2012



**For:** Girls of all Levels and registered adults are welcome to participate

**When:** This patch program will run from November 2011 through March 2012

**Purpose:** To promote healthy living activities, create ongoing excitement about our 100<sup>th</sup> Anniversary, and honor our Girl Scouting Birthplace. Walking is the simplest form of exercise and its right at our feet. Walking is not only easy but inexpensive. GSGLA is inviting girls, troops and families to participate in this challenge. We may not all be able to go to Savannah for our 100<sup>th</sup> Anniversary but virtually we can walk there and back more than once! Our council goal is to do 2 round trips by March 31, 2012.

**Facts:** *Miles to Savannah and back from GSGLA Headquarters - 4,904*

*Average steps in a mile-2000*

*There are approximately 9,808,000 steps from GSGLA Headquarters to the Savannah Birthplace.*

*If you tracked 15 days at 2000 steps you would have walked a total of 15 miles in one month.*

**Program:** The requirement details for completing this patch program are listed on page 2 and 3. All Girl Scouts, girls and adults, must complete 4-5 requirements and 1-4 additional activities based on their age levels. Evaluations will be sent to those registered in March. To obtain patches they must be filled out and returned with all requirements completed.

**Fee:** **\$2.00 per participant- includes patch and pedometer**

**To register:** Please sign up on the GSGLA Program Calendar on our website. Go to March 31, 2012 click on the *GSGLA to Savannah and Back Patch Program* to register. Once you receive confirmation of registration please take your printed confirmation to the service center of your choice to pick up a pedometer for each person registered. Patches will be distributed after evaluations have been submitted and the program closes on March 31, 2012. Ongoing Troop/Family walking logs should be emailed/faxed in monthly so we can track our GSGLA progress to Savanna and Back. Updates will be posted on our GSGLA Face book page each month.

**Questions:** Please contact Teresa Heston-Rojas at (626) 677-2286 or [theston@girlscoutsla.org](mailto:theston@girlscoutsla.org).

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## Walking Patch Program 2011-2012



Everyone must complete the following requirements:

1. Each participant must track at least 35 days of walking anytime in the 5 months. Each participant will keep their own Weekly Tracking Log and that information can be collected for the ongoing Troop/Family Walking Log. There is no limit to the amount you can walk over the 5 month timeframe. We just ask that you reach the minimum of 35 days. Before you start walking, program your pedometer with help from an adult. Pedometers should be worn at hip level for accurate readings.
  - a. Set walking goal for your 35 days. How many steps/miles will you commit to reaching? For example, if you made a goal to reach at least 4000 steps in a day, over 35 days this would be 140,000 steps. That would equate to 70 miles.

What is your goal? \_\_\_\_\_

2. Research stretching exercises that you can use before walking. Find at least 5 you can do easily each time before you walk. What are they?
3. Find out some of the health benefits to walking. Discuss these as a group and share which one benefit you think will personally help you.
4. [Click here to view the map from LA to Savannah](#)
  - a. Review the route to Savannah with your troop and family. Find and research 2 locations on the way that you would enjoy exploring on foot. Why explore this location? What is there to explore on foot?
  - b. 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.

### ***Requirement # 5 is for Juniors through adults only***

5. Research the recommended amount of steps a person should take each day. \_\_\_\_\_  
Using your pedometer track 3 days of total steps you take. Find the average of those days. Are you close to the recommended number of steps?

**Additional Activities:**

Daisy Girl Scouts	Complete 1 additional activity
Brownie Girl Scouts	Complete 2 additional activities
Junior Girl Scouts	Complete 3 additional activities
Cadette, Senior, Ambassador and Adult Girl Scouts	Complete 4 additional activities

**Choose from the following additional activities:**

1. Challenge yourself: take a hike at your local wilderness park or state park
2. Walk somewhere you would normally drive to (bookstore, restaurant, juice shop, friend's house, coffee shop).
3. Sign up and complete a 5K
4. Invite a family member to join you on this walking challenge
5. Walk somewhere and have a picnic with your family or your troop
6. Create a step tracker poster to know how far your troop or family has traveled. Get creative! Use a map of the US and see how far you or your troop/family has traveled on the route to Savannah.
7. If possible walk to school for one week. Consider safety first and your families schedule before choosing this activity.
8. Visit a Mall with your troop or family. Use your pedometer to track your steps on this visit. Did the step total surprise you? (Alternative locations to visit, a zoo, aquarium, amusement park)

# Weekly Tracking Log



Name: \_\_\_\_\_

Troop: \_\_\_\_\_

Week of: \_\_\_\_\_

My overall goal for the week: \_\_\_\_\_

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

<b>Distance to reach Goal:</b>	
<b>Ideas to incorporate to make my walking more fun and engaging</b>	
<b>Notes:</b>	

# Troop/Family Walking Log



Troop: \_\_\_\_\_ Leaders/Family Name: \_\_\_\_\_

Reporting 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.			
<b>Totals for Troop/Family</b>			

Please email or fax this form Monthly to Teresa Heston-Rojas at [theston@girlscoutsla.org](mailto:theston@girlscoutsla.org) or Fax number (626) 677-2486