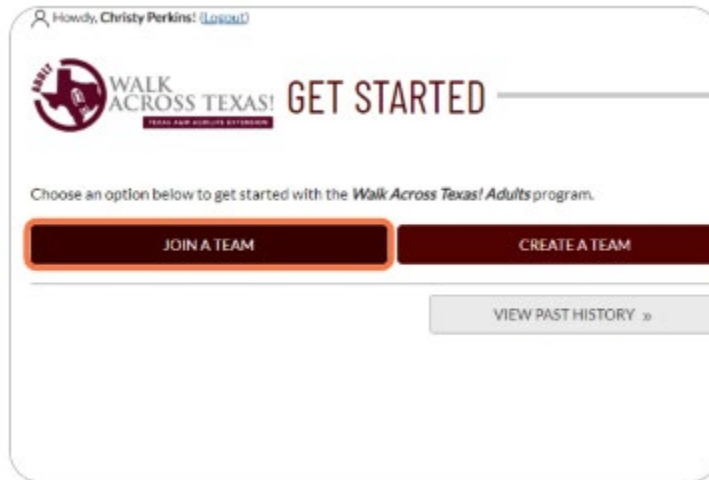


Join a Team Guide

To join a Let's Walk Waco team – you must have a Team Code shared by your team captain.

1. Log into your [Walk Across Texas](#) account
2. Select the maroon "Join a Team" button.



- a. The webpage should look like the photo below

HOWDY HEALTH PROGRAMS HELP DESK TUTORIALS MEMBER **TEXAS A&M AGRILIFE EXTENSION**
Family and Community Health

JOIN A TEAM

Complete the form below to join a *Walk Across Texas! Adult* team. All fields are required.

Note: You should have received an email from your team captain containing a Team Code. If you did not receive this email, please check your spam or junk email folders. If you are unable to locate this email, please contact your team captain to get the Team Code before completing the form below.

- **ENTER TEAM CODE**
After entering a Team Code, click or tap the Team Name field below to automatically fill in your team name.
- **Team Name**
This field will auto-populate with the team name defined by your team captain when a valid Team Code is entered in the field above.

Survey Questions

- **Would you say that in general your health is:**
Please select
- **During the past month, other than your regular job, did you participate in any moderate or vigorous intensity physical activities or exercises, such as the ones listed below?**
 Yes No

MODERATE INTENSITY: You can talk, but not sing - walking briskly, water aerobics, bicycling slowly, tennis (doubles), general dancing, general gardening.
VIGOROUS INTENSITY: You are unable to say more than a few words without pausing for breath - race walking, jogging, running, swimming laps, aerobic dancing, tennis (singles), fast bicycling, hiking uphill, heavy gardening (continuous digging or hoeing).

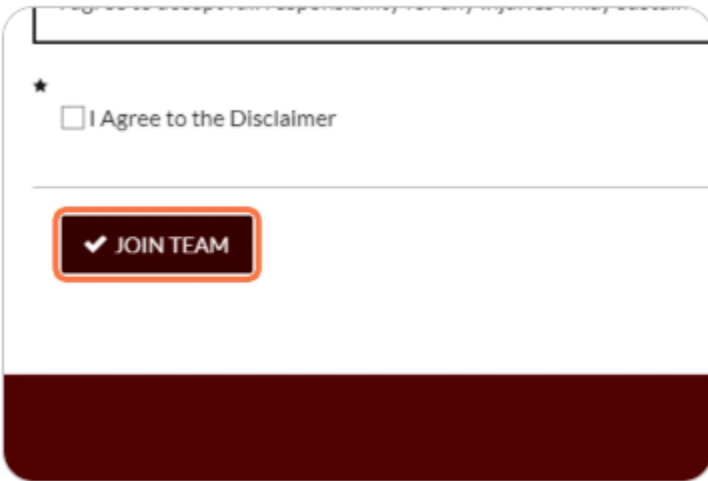
- **Why are you participating in the Walk Across Texas! program?**
Please select
- **The Walk Across Texas! program goal is to log 832 miles in 8 weeks. To meet the goal, members on teams of 8 would log approximately 104 miles per person. What is your personal goal during this 8 week program?**
Enter Miles
- **What is your current weight?**
Pounds (lbs)
- **What is your height without shoes?**
Please select

Disclaimer: I wish to participate voluntarily. While it is generally not necessary to see a health care provider before beginning every-day physical activities such as walking, we encourage you to talk with your health provider about your health and exercise as part of your regular visits.
Exercise can sometimes result in injury. However, it is generally much more harmful to your health to be inactive. As a general rule, it is always a good idea to start at a level that is easy for you to build up from slowly.
I agree to accept full responsibility for any injuries I may sustain while participating in this program.

I Agree to the Disclaimer

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3. Enter the Team Code
 - a. The Team Code will be shared by your Team Captain either directly or via a Howdy Health invitation email.
 - b. The Team Name will automatically fill in once the code is entered
4. Answer the following questions about your health and lifestyle
5. Select "I Agree to the Disclaimer" and select the maroon lower-left button that says Join Team



The image shows a screenshot of a web form. At the top, there is a star icon followed by a checkbox and the text "I Agree to the Disclaimer". Below this, there is a maroon button with a white checkmark and the text "JOIN TEAM". The button is highlighted with a red border. The bottom of the form is a solid maroon bar.

If you have any questions or run into any trouble, please email LetsWalkWaco@Wacotx.gov for assistance!