

FREQUENT WALKER

2026-2027

Walk Wisconsin Challenge



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Running a Successful Program

Frequent Walker

The East Central Frequent Walker Program encourages children to walk by making it fun and rewarding. Programs are typically run by school staff during the school day, setting monthly walking goals. Students participate by tracking laps or miles walked to receive a token for each goal reached.

Get the Students Excited

Have a name for your walking program. Some examples include 'Walking Wednesday', 'Fast Walk Friday', or 'The Mindful Mile'.

Introduce the program to students using pages 4 & 5 of the guidebook.



Important decisions to make before your program begins.

1. School staff are responsible to record miles walked. Who are the key people that will run your program?
2. When will students walk? Some great times include during lunch time, recess, or before school. During PE class run by the PE teacher is another option.
3. How often will you allow students to walk? Once a week or more frequently? How you run your program is up to you. The goal is to get students walking.

Miles can tracked using a paper spreadsheet.

A paper tracking form is provided on page 6 of this guidebook. You may also choose to create a spreadsheet of your own.

Teachers

As you go through each month, use the tokens to help students discover what Wisconsin has to offer. To learn more about each token choice, please view the digital guidebook you received and click on the links below.

Walk Wisconsin to discover ...

- ... the many trails where rocky paths lead hikers through beautiful scenery.
- ... pumpkin patches and harvest festivals that celebrate the fall season.
- ... how jump around with the Badgers became a tradition.
- ... many opportunities for visiting a farm in the dairy state.
- ... the snowy forests and frozen lakes that make Wisconsin a winter wonderland.
- ... the ancient fossils found in our state that help us learn about prehistoric life.
- ... music during the summer nights hosted by the din of the spring frogs.
- ... who is the bee-gest helper in our state for growing fruitful crops.
- ... where the largest fly-in convention is held.

Happy Walking!

Walk Wisconsin Challenge

Walking has many great health benefits.

It is also a great way to explore the world in which you live.

Walk the many trails of Wisconsin to discover the glacier carved hills, sandy lakeshore dunes, hidden waterfalls, and forested areas.

The goal is to collectively walk a total of 3,000 miles, the approximate distance of two major trail systems in the state of Wisconsin.

Your leader will set a monthly goal of laps or miles to be reached by each student.

Earn a token for each month you walk to reach the set goal.

Along the way, learn how each token connects to Wisconsin.

Earn all 9 tokens to help your school reach the goal of 3,000 miles!

TOKENS

Sept → Stones

Oct → Pumpkin

Nov → Football

Dec → Cow

Jan → Winter

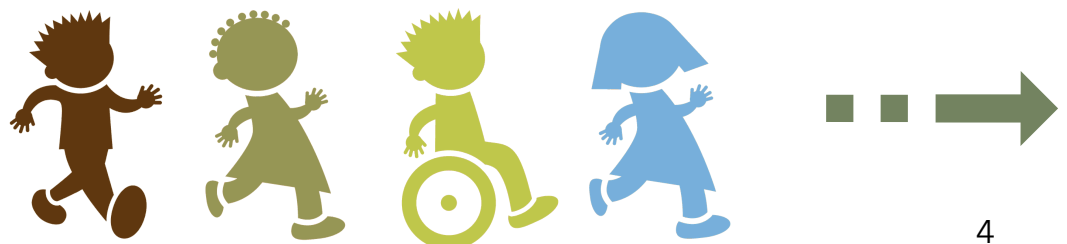
Feb → Dinosaur

March → Frog

April → Bee

May → Airplane

Gather some friends and get ready
to reach the goal.



Student Contract

I am ready to accept the challenge!

Directions: **Please complete this page if you would like to participate in the Walk Wisconsin Challenge.**

Did You Know

*The Ice Age National Scenic Trail has over 1,200 miles of trails for families to enjoy. Look at this map to see what cities are farthest:

_____ ◀ West East ▶ _____
South ▼ _____

*There are over 1,700 miles of trails to walk in the Wisconsin State Parks. Find the closest state park to your community on this map. What is the name of the park?

*There are beautiful places to discover in Wisconsin including glacier carved hills, sandy lakeshore dunes, hidden waterfalls, prairies, and forests.

Draw a picture or write about a place you would like to visit in Wisconsin.

I commit to joining other students to meet the goal set by my leader of walking 3,000 miles throughout Wisconsin.

Student Name:

(Please Print)

Student Signature:

Date:

Distance Tracker



Tally each distance, set by your leader, that you walked.

[illegible]

