

Walk Across Jackson

Individual Registration Form

Each walker is required to complete a form. Forms should be submitted together by Friday, April 16 by faxing to UT Extension @ 668-8440. Please call to confirm it has arrived 668-8543. Copies can also be mailed to 309 N. Parkway, Jackson, TN 38305.

Name _____
(First) (MI) (Last)

Address _____
(Street) (City) (State) (Zip)

Daytime Phone Number _____ E-Mail Address _____

Age (optional) _____ Ethnicity (optional/circle one)
African-American Asian Hispanic
 Native American White Other (specify) _____

My SMART Goal for Walk across Jackson: _____

I am participating because:
(check all that apply)
 To develop the walking habit
 To prevent illness due to inactivity
 To address illness due to inactivity
 To address illness due to inactivity
 To get my friends/family off my back
 To have fun!

Information/encouragement I need to help me succeed:
(check all that apply)
 Time Management
 Goal Setting
 Injury Prevention
 Weight Management
 Other: _____

Waiver

I wish to participate voluntarily in the Walk Across Tennessee physical activity for the purpose of personal fitness. I understand that I should have medical approval from my health care professional if I:

- have any chronic health problems such as heart disease or diabetes.
- have pains in my heart/and or chest areas.
- feel dizzy or have spells of severe dizziness.
- have a bone or joint condition, like arthritis, that might be made worse by an exercise program.
- have been told by a doctor that I have high blood pressure.
- have any physical conditions or problems that might requires special attention in an exercise program.
- am a male over 45 or female over 50 and not accustomed to vigorous exercise.

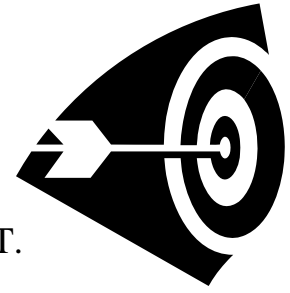
I agree to accept full responsibility for any injuries I may sustain while participating in this program and hold harmless all Sponsoring Parties.

Signature _____ Date _____

Under age 21, parent or guardian signature is required.

Parent or Guardian of Walker _____ Date _____

My S.M.A.R.T. Goals

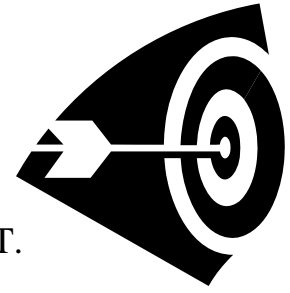


As you set your fitness goals, remember to make your goals S.M.A.R.T.

1. Be **specific**. If goals are vague, you are not likely to succeed or possibly even get started. The difference between a vague fitness goal and a specific fitness goal?
 - Vague: I am going to try to walk on my lunch hour a couple of days a week.
 - Specific: I am going to walk downtown with Mary on my lunch hour on Monday, Tuesday, and Thursday each week.
2. Make them **measurable**. Clearly measurable objectives help measure progress, keep us on track, and help us feel achievement because we know when we have accomplished it. Answer how much, how many, or when. How can that “specific” goal mention above be improved?
 - When Mary and I walk on our Monday, Tuesday, and Thursday lunch hours, we will walk the 1.1 mile distance shown on the JDDC map.
3. Be sure they are **attainable**. Setting lofty goals is great! But, if they are too high, we may fail to take our own goal seriously. How many people say they are going to lose 20 pounds in a month? Not safely possible. Not serious. Can you meet this goal if you work at it? An attainable goal may cause us to put forth new effort, but it can be done by starting small and increasing. How does that apply to the walking example?
 - The first week of Walk Across Jackson Mary and I will walk around the Courthouse (1/5 mile on the JDDC map). The next week we will walk a 1/2-mile route. The last four weeks we will walk the 1.1-mile route.
 - After checking our speed the first two weeks, we will increase our speed so that we are walking 1 mile in 15 minutes.
4. Be sure they are **relevant**. Is this your goal for yourself that you feel strongly about? If others are making you feel that you should set a goal, think about why this might be the case and why you do not feel that way.
5. Tie them to a **timeframe**. When do you need or want to meet your goal?

SMART Goal for Walk across Jackson: _____

My S.M.A.R.T. Goals



As you set your fitness goals, remember to make your goals S.M.A.R.T.

6. Be **specific**. If goals are vague, you are not likely to succeed or possibly even get started. The difference between a vague fitness goal and a specific fitness goal?
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7. Make them **measurable**. Clearly measurable objectives help measure progress, keep us on track, and help us feel achievement because we know when we have accomplished it. Answer how much, how many, or when. How can that “specific” goal mention above be improved?
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8. Be sure they are **attainable**. Setting lofty goals is great! But, if they are too high, we may fail to take our own goal seriously. How many people say they are going to lose 20 pounds in a month? Not safely possible. Not serious. Can you meet this goal if you work at it? An attainable goal may cause us to put forth new effort, but it can be done by starting small and increasing. How does that apply to the walking example?
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9. Be sure they are **relevant**. Is this your goal for yourself that you feel strongly about? If others are making you feel that you should set a goal, think about why this might be the case and why you do not feel that way.
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SMART Goal for Walk across Jackson: _____
