

## Master Wellness Volunteer Statewide Cohort Training Activity Guide: Howdy Health Programs

**Instructions:** The action tasks below can be used to guide further individual self-study while watching the **Howdy Health Programs** session. If you are leading a group learning experience using this session, you may wish to facilitate the completion of this activity guide with a group discussion.

### **Slide 9 Action Task: Register for a Howdy Health Account**

This action task allows you to test the registration process that program participants will do in order to create a Howdy Health account. You may also use this account to manage or participate in a Howdy Health program.

Step 1: Go to: <https://howdyhealth.org/programs/howdy-health-registration>

Step 2: Complete the requested information and click 'Save Account'

### **Slide 23 Action Task: Navigate the Howdy Health Help Desk**

This action task will help you locate the *Frequently Asked Questions*, *Tutorial Videos* and submit a *Support Ticket*. Please review and become familiar with the various questions and answers. You may direct participants to this page or use the responses to address programmatic questions that you receive.

Step 1: Go to: <https://howdyhealth.org/programs/helpdesk>

Step 2: Review the information and resources available

### **Slide 24 Action Task: Identify Resources on the Walk Across Texas! webpage**

This action task will introduce you to the Walk Across Texas! program page. This webpage contains program information and resources for implementation.

Step 1: Go to: <https://walkacrosstexas.org>

Step 2: Review the resources available so you can locate program materials if leading / supporting implementation

Current resources include:

- Activity Equivalents Guide
- Pedometer / Step Counter Apps – Our Top Picks
- Mileage Tracking Apps – Our Top Picks
- WAT! Certificate
- Youth Lesson Plans (K – 10<sup>th</sup> Grade)
- Merchandise Brochure
- WAT! Frequently Asked Questions

*On the next page are program planning activities that can be completed after the session.*

**Post-Session Action Task 1: Program Task Force**

Create a mock (or real!) Howdy Health Task Force based on any program highlighted in the session. Create this list with the idea that this is who you will reach out to when you begin to implement the selected program.

List the individual(s) or organization(s) that will comprise of your task force. For example, one task force member could be from the Health Department or a City Official. Be specific.

Potential Task Force Members:

|       |       |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

**Post-Session Action Task 2: Task Force Recruitment and Program Activities**

Using the list of Potential Task Force Members that was created in the previous section, create a list of what they could provide to support your selected program. For example, the Health Department may not be able to provide a space for an event, but perhaps they could provide staff to host an educational program during an event. Similarly, perhaps the City Official cannot provide staff members, but is willing to have dinner with the winning team (and pay)! Think outside the box, you never know until you ask!

1. Task Force Member: \_\_\_\_\_ Support: \_\_\_\_\_
2. Task Force Member: \_\_\_\_\_ Support: \_\_\_\_\_
3. Task Force Member: \_\_\_\_\_ Support: \_\_\_\_\_
4. Task Force Member: \_\_\_\_\_ Support: \_\_\_\_\_
5. Task Force Member: \_\_\_\_\_ Support: \_\_\_\_\_
6. Task Force Member: \_\_\_\_\_ Support: \_\_\_\_\_
7. Task Force Member: \_\_\_\_\_ Support: \_\_\_\_\_
8. Task Force Member: \_\_\_\_\_ Support: \_\_\_\_\_
9. Task Force Member: \_\_\_\_\_ Support: \_\_\_\_\_
10. Task Force Member: \_\_\_\_\_ Support: \_\_\_\_\_