

# Session 2A

Time: 1 hour

## Registration

### Supplies:

- Name tags
- Registration forms
- Text/Email registration forms
- Consent forms
- Physical Activity Assessment

### Welcome Supplies:

- Participant packet for each participant
- Pens or pencils for each participant



## Leader's Guide Key

Spoken Text = Black text

Instructions = *Green and italicized* ← !

Questions = Blue text ← ?



## What:

- Reflecting on progress
- How to set a goal
- Methods to increase steps
- Packing a healthy lunch

## What for (Learner Objectives)

**By the end of this session you (the learner) will have:**

- Named your successes and concerns about using your pedometers and log books
- Averaged your total steps for the weeks since our last class
- Written a contract with yourself
- Named ways to increase your steps
- Planned a healthy lunch you will pack next week

*Have new participants complete Registration, Text/Email Registration, Consent Form, and the Physical Activity Assessment (pretest). We want to avoid new participants at this point due to the nature of the program, but sometimes it is unavoidable.* ← !

*Have participants choose a nametag and write their name on it. The leader should also be wearing a nametag.*

*Check to see that participants have their Participant Materials and Log Books.*

*Place materials on the tables prior to the session.*

# Successes and Challenges!

## Supplies

- Blank sticky notes (2 colors)
- Flip Chart
- Flip Chart page made into a T-Chart (one column labeled "Success!" and other "Challenges")

**Welcome! I am so happy that you were able to join us.**

### **By the end of this session you will have:**

- Addressed your successes and concerns about using your pedometers and logs
- Averaged your total steps for the first weeks
- Written a contract with yourself
- Named ways to increase your steps
- Planned a lunch you will pack next week

At the beginning of each session, we will review the step logs and chart your progress as a group. You will also take some time to reflect on your successes and discuss any difficulties you had in the weeks since our last session.

We also will review how to calculate your average steps per week and discuss any issues with wearing the pedometers or logging your steps.

### **Divide participants into groups of 2-4.**

### **Take a few moments to jot down these two things:**

On the \_\_\_\_\_ (color) sticky note, write down one success you've had in the WalkWays program so far. For example, you remembered to wear your pedometer each day! Another success could be achieving any of the goals you set during the last session. When we discussed Calories In = Calories Out you set a goal about a food choice you would make differently in the coming weeks.

**Did you stretch? Did you post the benefits of walking?**



Then, on the \_\_\_\_\_ (other colored) sticky note, jot down a WalkWays challenge you've faced since we last met. For instance, remembering to reset your pedometer. **Post your notes on the T-chart.**

**What are your questions?**



**continue >**



*Allow for a few moments to write success and challenge.*



Now, share your success and challenge with your group! Ask them for possible solutions to your challenges. In a couple of minutes, we'll hear some of your successes and suggestions!

*Allow for participants to discuss.*



Who wants to share some of the successes from your group?



Who wants to share some of the challenges and solutions discussed in group? Would you like to add any other possible solutions?

*Provide feedback and facilitate problem solving. Allow enough time to discuss the issues, but this section should be about problem solving versus focusing on the negatives.*



*Comment on or summarize info on the T-chart.*

**continue to “How to Average Your Weekly Steps” >**



# How to Average Your Weekly Steps!

## Supplies

- Calculator
- Evaluation sheet (for instructor records)
- Relaxing music (CD/Ipod/phone)

Now that you have brainstormed about how to more easily use your pedometers in the upcoming weeks, let us review how to calculate your average steps per week.

## Take out your logbooks!

Every week, you will average your total steps for the week by adding the steps for each day and dividing by the total number of days. If you wore your pedometer every day, you would divide by 7. If you didn't wear your pedometer one day, you would only have step numbers for 6 days and would divide by 6.

You will use this number to create your goal for the following week. The WalkWays goal is 500 more steps per day than the week before. For example, if you walked an average of 2,500 steps each day in week 1, set your goal at 3,000 steps per day for the following week.

Complete the calculation at the bottom of each log page. For each week, you can calculate your average steps on that week's log sheet.

**Take a few moments to calculate your average steps for weeks 1 and 2 (adjust for number of weeks that have lapsed between sessions).** If you have already calculated your average steps per week, help one of your group members. Please let me know if you have any questions or need to use the calculator.

**Bring your logs to me when you have calculated your average steps for each week.**

**continue >**



Provide time to calculate average steps and to collect the data from each person. Record data on the Evaluation Results sheet. Music can be played in the background while people are working.

We will chart the group's progress on this graph each time we meet. This chart will give you a visual of the average steps that you took for each day in a given week. We want the line to go up since we want the number of steps we take each day to go up over the course of the WalkWays program.

*Graph the average steps for weeks 1 and 2. ← !  
Draw a line between the two data points.*

Continue wearing your pedometer. Remember the goal is to add 500 steps per day to your average from the previous week.

**continue to “Goal Setting” >**



# Goal Setting

## Supplies

- Quote Cards (one per group)
- Container (for goal card drawing)
- Colored paper
- Markers

Select goal quote cards appropriate for your group. The group will be divided into smaller groups based on the size of the group and the number of cards. For instance, if you decide to use 5 of the goal cards and you have 15 members in your session each group will have 3 members.

*Determine size of groups prior to session.* ← !

*Put colored paper and markers at each table.*

## 1) Divide into groups of \_\_\_\_\_.

Have someone from each group select a quote from the \_\_\_\_\_ (hat, bowl, bag, etc.). Read the quote out loud as a group, talk about what this quote means to you and how you could apply this to yourself and this program.

*Allow 5 minutes for the groups to do the activity.* ← !

*Who will read your group's quote and highlight the key ideas your group discussed?* ← ?

## 2) Each of these quotes focused on at least one of these concepts: goals, motivation or inspiration.

To help us achieve new and different things in our lives we often need to set goals and find ways to motivate and inspire ourselves to make these changes. Often our success is based on how we define our goals and how well we motivate and inspire ourselves. It is difficult to set goals and to keep them in mind during hectic, long and stressful days. But there are some keys to goal setting that can help you set yourself up for success.

**Refer to the Setting Personal Goals sheet in your participant materials.**

**continue >**



## Here are the steps to setting personal goals.

### *1. Set realistic, positive, and measurable goals*

Be realistic. Set goals that you will be able to achieve. For instance, an unrealistic goal might be "Run for 1 hour each day." You may dislike running. Instead, set a goal for something you enjoy, such as "I will walk my daughter to school each day." This is realistic.

**Make your goals positive.** Avoid the word "never" in your goals. Instead of "I will never watch TV again," say "I will watch 15 minutes less TV each day."

**Make your goals measurable.** A measurable goal has some way for you to know you met the goal. A measurable goal is "I will only eat fast food one time per week." A nonmeasurable goal is "I will eat healthy."

How do you determine if you ate "healthy"? Can you determine if you ate fast food only 1 time per week?  

### *2. Break your goal into smaller steps*

Small goals help you see success along the way. They also make it easier to reach the final goal. Here is an example. "I want to lose 30 pounds" is a long-term goal that might take months or years. That is a long time to go without rewarding yourself. A way to break that goal into smaller steps is, "I want to lose 2 pounds per month." At the end of every month you can determine if you met your goal. Reward yourself if you met it, and problem solve and reevaluate your methods for weight loss if you didn't meet your goal. Those small steps help make the journey seem shorter.

### *3. Identify obstacles*

Challenges are easier to overcome when you are prepared. Identify things that you might face and try to make plans ahead of time. It is always easier to stay on course if you have a map of what to do. If you are starting a walking program in the winter, snow might be a problem. Ahead of time, look for alternative walking sites such as a local mall or community center, or search YouTube or download an exercise video for use at home.



**continue >**

#### ***4. Build support systems***

Most people benefit from support from family, friends, your church or others trying to achieve your same goal. The members of this group could become one of your support systems. These people can provide support, inspiration, a walking partner or someone to take part of your workload at home, allowing you time to reach your goal. Let your friends and family know your goals and have them be part of the process of reaching those goals.

#### ***5. Find inspiration***

Collect inspiring words and pictures that help motivate you. Place positive messages and reminders for yourself where you can see them each day. Take time to reflect on your goal and your steps towards success.

#### ***6. Sign a contract with yourself***

Once a goal is in writing, it is much easier to remember the goal and work towards it. If you don't fully commit to a goal, it is hard to take the steps necessary to reach it. Writing it down is one of the first steps in committing to your goal.

#### ***7. Celebrate your success***

Track your progress and celebrate each time you reach another step on the way to reaching your goal. Make sure your celebration supports your goal. For instance, if your first step was to “walk three days a week,” don't reward yourself by taking a week of vacation from walking! Instead, think of a reward that is independent of your goal. You might treat yourself to a movie or take a half hour for yourself in a relaxing bath.

**What are your questions on goal setting? What are some examples of goals you have previously set for yourself?**



**continue >**

**3) Turn to the Contract with Myself page in your participant materials.** Explain each part of the contract. If needed, do a practice contract.

Take a few minutes to think about setting a goal and writing this goal as a contract to yourself. WalkWays is a walking program, so focus on physical activity and health. Use the Setting Personal Goals guidelines to help set your goal. Make it realistic and measurable.

What steps will help you reach your goal?  
How will you get support from family and friends?



Don't forget to think of obstacles to obtaining your goal. And be sure to think about how to reward yourself.

**Take a few moments to write your Contract with Myself.**

*Provide approximately 10-15 minutes for people to write their goals.*



The Contract with Myself is a work in progress. Until our next session, think (and act) on building your support network, what obstacles may arise, the steps to your goal and if the goal you set is realistic. You can always go back and make changes during the next couple weeks.

Write down on the colored piece of paper a reminder to yourself of your Contract with Myself. This reminder can be the goal itself, a step to that goal, a phrase or word that reminds you of your goal. Post it somewhere at home where you can see it.

*Allow time to make their sign.*



Look at your contract often. Remember you set this contract with yourself because you are motivated to make changes. All your steps towards your goal are steps towards success!

