Activity: Go for Gold!

Create a passport system for youth who walk to your program. Make small booklets with room for the date and space for a small sticker, or have youth make the booklet themselves on the first day of the program. Each time a youth walks to your program, they get a gold star or a small sticker.

Set up a clear incentive system – when youth walk or bike 10 times to your program, they receive a small prize. If they walk 30 times over the course of the year, then they get a larger prize. Prizes can be objects, or could be incentives built into the program, such as activity choices or leadership opportunities.

One way to include youth who live too far away to walk is to have their parents either drop them off several blocks away or park several blocks away and then walk with them to the program site. This encourages family walking as well and encourages all youth to be active.

Ideas for prizes:

- Stickers
- Pins or badges
- Small toys
- Bike lights or reflectors
- Pedometer
- Healthy snacks

Resources needed:

- Passport
- Stickers
- Small and large prizes according to your incentive system