**A Long Walk: Unit Assessment**

**Assignment/Activity**

Create a wellness campaign that challenges family, friends, community, etc. to track their health by walking the virtual AT.

* Plan tracking method
  + How will people track mileage?
    - For every mile walked/ran/biked = 1 AT mile?
    - Or so many steps = 1 AT mile?
  + Create a tracking system and conversion chart if necessary
* Develop interactive tool
  + How will people see their progress?
    - Will there be a map they can fill in the mileage?
    - Will it be a graph or chart they fill in?
* Set milestones
  + How will people be able to celebrate their success along the way?
    - Set milestones for people to meet
      * ½ way
      * sites of interest
      * National Parks
      * etc.
  + Give healthy tips along the way
    - In correlation with your milestones, or in addition to them, have “blurbs” of useful information for people to read/reflect on as they participate.
      * Eating
      * Health
      * Choices
      * Recipes
      * Exercise
      * Etc.

**Wellness Campaign**

**Score Guide**

Tracking Method (5 pts\*)

* Demonstrates an easy-to-follow/log tracking method
* Give an effective means to record and track progress

Interactive Tool (5 pts\*)

* Includes a tracking model / something to record and keep tabs on distance

Milestones (5 pts\*)

* Uses real-life milestones to celebrate successes. Minimum 5 milestones/point-of-interests.
  + Example: You made it to Harper’s Ferry! You’re ½ way there!

Tips and/or Advice (5 pts\*)

* At minimum (5), include a tip/advice/helpful info at each milestone
* Tips should be healthy living related, be realistic and practical

Presentation (5 pts\*)

* + Project should reflect pride in presentation/appearance to appeal to an audience
  + Project should be easy to follow/understand (this includes appropriate directions and use of correct grammar, spelling and mechanics)

Total: \_\_\_\_\_ / 25 pts

\* Each objective will be assessed utilizing the following grading scale:

5- Exceeds expectations

4- Meets expectations

3- Progressing towards meeting expectations

2- Attempted but does not meet expectations

1. Does not meet expectations
2. No evidence/not evident