**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