

Walk to School (WTS) Handout, Weeks 3-5

Maintenance and Relapse Prevention

1. Motivation for Walking to School

- Keep in mind what motivates you and your child to continue walking to school. Some of these things may be:
 - More physical activity
 - Satisfaction with meeting goals
 - Time to socialize with peers
 - Time with family if walking with parents
 - Connection with the school community
 - Additional time outdoors
 - Fun and adventure while walking
 - More convenient way to get to school
 - Learning about safety
 - Better for the environment

2. Relapse Prevention

- Recognize signs that you are having trouble keeping up with Walking to School and work to problem solve around these. Some of these could be:
 - Making excuses when there is unfavorable weather
 - Driving instead of walking if it seems to be more convenient
 - Decreasing the number of trips you are walking
- If you and your child need additional support for your new habit of walking to school, our team can offer coaching and help problem-solving. We are here to help you meet your goals of walking to school regularly!

3. Goal Setting

- SMART goals: SPECIFIC, MEASURABLE, REASONABLE, MAKE A DIFFERENCE
- Follow up on setting new goal based on last week's performance, aim to move goal up by 2 trips per week until you make walking to school a regular habit.
- Follow up with texts from the team this week to support you and your child in meeting your goal.
- Remember: Rewards and praise can be helpful in helping motivate your child to keep with walking to school!

***Remember: Your goal is to keep moving up by 2 walking trips per week. Good luck working on your goal this week!**

Thank you for your participation in the WTS Program! Remember you can contact us at activekids@cmh.edu if you have any questions.