



T.R.A.I.L. Activity Self-Challenge Changes

To make the Physical Activity Challenges more inclusive and relevant to youth participating in the program, we recommend a change to Activity Self-Challenges. An Activity Self-Challenge is an activity challenge or goal each T.R.A.I.L. participant gives themselves at the beginning of the 12-week curriculum, which they then train for over the 12 weeks and try to achieve by the end of the program. While the T.R.A.I.L. program seeks to help youth improve in physical activity as well as nutrition, we recognize that not all youth can participate in the traditional T.R.A.I.L. physical activity challenges. Therefore, we would like to incorporate new activities to allow all youth to participate, despite their beginning level of fitness or physical ability.

Instructions:

Choosing your challenge: Youth choose one of the following activities and set a goal to either meet the benchmark or improve their time, endurance, or strength in that area over the 12 weeks. All youth in a program do not have to choose the same goal. Instead, they should choose an activity based on what they will be motivated to accomplish over the 12 weeks. **Benchmark or Improvement:** The youth should only choose the Benchmark Goal if that is something that they cannot complete at the beginning of the program period. If they can already meet the benchmark at the beginning of the program, then they should work to improve in that activity over the 12 weeks.

Activity	Benchmark Goal	Improvement Goal
One-mile run	Run for a half mile	Improve time for a 1/2-mile run
One-mile walk	Walk for a half mile	Improve time for a 1/2-mile walk
Jump Rope	8-minutes continuous jumping	Improve the length of time they can continuously jump rope.
Plank	30 seconds in plank position	Improve the amount of time that they can hold a plank position.

Alternative activity for youth with different abilities:

If any of the youth in your program are unable to complete any of the above activities due to physical or medical limitations, they can create a self-challenge around meditation based on the goals below.

Meditation	5 minutes of quiet, seated meditation	Improve the amount of time they can stay in meditation.
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Measure a pre-program level: Staff will measure and record the pre-program level for whichever activity the youth chooses (i.e., their starting 1/2-mile run time, how long they can hold a plank, etc.). If



the youth has chosen a challenge that they haven't met the benchmark for yet, the staff can record "below benchmark".

Practice towards the activity goal: Instead of doing Physical Activity Challenges at the end of each T.R.A.I.L. lesson, staff will work with youth to build their speed, endurance, or strength towards this goal. This may be done by having them practice that actual self-challenge activity (jump roping, running, walking, etc.) or may involve other activities and exercises that help build the stamina, strength, or mindfulness they need to meet their goal. Staff can also work with youth throughout the week to help them improve in their self-challenge goal.

Final measurement: The purpose of the activity self-challenges is to show youth that they can find a form of physical activity that they enjoy and which can help them to be healthier if they commit time and effort to it. Therefore, the final measurement should be done in a way that gives the young person the most opportunity to show improvement or ability to meet the benchmark. This means that final measurements do not have to be conducted on the exact last day of the T.R.A.I.L. curriculum if a child is not feeling well or is absent. If the final measurement is done and the child feels they can improve, staff should give them a chance to do so. However, the final measurement should be conducted within the same quarter as the T.R.A.I.L. curriculum implementation so that improvement can be reported to BGCA.

Reporting Self-Challenge Outcomes to BGCA: In the "TRAIL 2022 Data Tracking Spreadsheet" there is a space for you to record which activity each youth has selected and what their goal is for that activity. There are also columns to record the "starting point" and "final result".

- The "starting point" is what pace or length of time the youth was able to complete the activity in at the beginning of the program. As noted above, if the young person is below the benchmark at the beginning (i.e. cannot complete a mile walk yet), you can write "below benchmark".
- The "final result" is the pace or length of time the youth was able to complete the activity in at the end of the 12-week period. If the youth chose a benchmark challenge and met that benchmark, you can record "met benchmark".

TRAIL 2022 Youth Profile Spreadsheet				
	Self-Challenge			
Youth ID	Activity Chosen	Activity Goal	Starting Point	Final Result

- In the quarterly reports to BGCA, you will only report on the following information for the quarter when you completed the T.R.A.I.L. curriculum implementation, including Activity Self-Challenges:
 - How many youth completed an Activity Self-Challenge?
 - How many youth improved in their Activity Self-Challenge or met the Activity Benchmark?