

Directions

1. Sign up with your FRG to participate in the Individual or FRG Walk to Iraq and Back program.
2. You can start recording any activity that can be tracked in terms of miles as of 1 February (bike, swim, walk, run, cardio machines etc).
3. Attend a Fitness Assessment in your community (during the Civilian Fitness Program Assessment times). This is optional, but will help you track your progress to fitness. You will also be able to sign up for the Bonus Miles program.
4. Bonus Miles! Plan a year-long Wellness goal as an individual! Complete your year-long Wellness goal: 2,000 individual bonus miles! Participating with your FRG? Complete your wellness goal: 300 bonus miles to the group!
5. Double Miles: Awarded for participation in community fitness activities (Run/Walks), Volksmarches and other military marches!
6. Record your miles on the line provided.
7. If you signed up for one of the limited pedometers, your goal is to get 10,000 steps/day. If you get this number of steps, you will be awarded 6 miles of activity for the day!
8. Turn your mileage into your FRL or FRG every month for both the individual and the FRG program.
9. Once the individual and/or FRG reach Iraq (in miles) they will receive a certificate from the 1st Infantry Division.
10. At the end of the year, there will be an award ceremony recognizing all participants whether they have walked to Iraq or to Iraq and back. All completing participants will receive a T-shirt.
11. Your POC for this program is your unit FRL.
12. Don't forget to come back at the 6-month mark for a follow-up assessment to track your progress for your fitness assessment and Wellness goal. You will receive your next 6-month activity journal at that time.
13. Have fun!
14. Contact the Division FRL for more information: 350-6678.



Initial				
BP:	HR:	WT:	BF:	
Midway				
BP:	HR:	WT:	BF:	
Final				
BP:	HR:	WT:	BF:	

Walk to Iraq and Back

A Wellness Program for the Big Red One Family
2004



A Program brought to you by:
The 1st Infantry Division



Name:	Age:
CMR Address:	
Phone Number :	Start Date:
Email:	
FRG Individual	(please circle program)

Program Overview:

Welcome to Walk to Iraq and Back! This program has been designed for you and your FRG to accumulate the miles equivalent to walking to Iraq and back so that you are walking with your spouse in spirit through the next year. Added bonus of great physical activity, stress reduction and socializing with your Big Red One Family! Log your Miles for any measurable physical activity each day. If you have signed up for a pedometer, you will be awarded 6 miles for every 10,000 steps you do each day. You will have until 1 March 05 in which to walk to Iraq (2,000 miles) and/or walk back (4,000 miles).

Week 1 Number of miles: Day 1: _____ Day 2: _____ Day 3: _____ Day 4: _____ Day 5: _____ Day 6: _____ Day 7: _____	Week 5 Number of miles: Day 1: _____ Day 2: _____ Day 3: _____ Day 4: _____ Day 5: _____ Day 6: _____ Day 7: _____
Week 2 Number of miles: Day 1: _____ Day 2: _____ Day 3: _____ Day 4: _____ Day 5: _____ Day 6: _____ Day 7: _____	Week 6 Number of miles: Day 1: _____ Day 2: _____ Day 3: _____ Day 4: _____ Day 5: _____ Day 6: _____ Day 7: _____
Week 3 Number of miles: Day 1: _____ Day 2: _____ Day 3: _____ Day 4: _____ Day 5: _____ Day 6: _____ Day 7: _____	Week 7 Number of miles: Day 1: _____ Day 2: _____ Day 3: _____ Day 4: _____ Day 5: _____ Day 6: _____ Day 7: _____
Week 4 Number of miles: Day 1: _____ Day 2: _____ Day 3: _____ Day 4: _____ Day 5: _____ Day 6: _____ Day 7: _____	Week 8 Number of miles: Day 1: _____ Day 2: _____ Day 3: _____ Day 4: _____ Day 5: _____ Day 6: _____ Day 7: _____

Record Your Distance each day! It's 4000 miles to Iraq and back. For the individual program: Log 2000 miles to Iraq or 4000 miles to Iraq and Back. For the FRG/Group Program, an individual must log 300 miles to qualify as a member of the group walking to Iraq or 600 miles to Iraq and back.

Week 9 Number of miles: Day 1: _____ Day 2: _____ Day 3: _____ Day 4: _____ Day 5: _____ Day 6: _____ Day 7: _____	Week 17 Number of miles: Day 1: _____ Day 2: _____ Day 3: _____ Day 4: _____ Day 5: _____ Day 6: _____ Day 7: _____
Week 10 Number of miles: Day 1: _____ Day 2: _____ Day 3: _____ Day 4: _____ Day 5: _____ Day 6: _____ Day 7: _____	Week 18 Number of miles: Day 1: _____ Day 2: _____ Day 3: _____ Day 4: _____ Day 5: _____ Day 6: _____ Day 7: _____
Week 11 Number of miles: Day 1: _____ Day 2: _____ Day 3: _____ Day 4: _____ Day 5: _____ Day 6: _____ Day 7: _____	Week 19 Number of miles: Day 1: _____ Day 2: _____ Day 3: _____ Day 4: _____ Day 5: _____ Day 6: _____ Day 7: _____
Week 12 Number of miles: Day 1: _____ Day 2: _____ Day 3: _____ Day 4: _____ Day 5: _____ Day 6: _____ Day 7: _____	Week 20 Number of miles: Day 1: _____ Day 2: _____ Day 3: _____ Day 4: _____ Day 5: _____ Day 6: _____ Day 7: _____
Week 13 Number of miles: Day 1: _____ Day 2: _____ Day 3: _____ Day 4: _____ Day 5: _____ Day 6: _____ Day 7: _____	Week 21 Number of miles: Day 1: _____ Day 2: _____ Day 3: _____ Day 4: _____ Day 5: _____ Day 6: _____ Day 7: _____
Week 14 Number of miles: Day 1: _____ Day 2: _____ Day 3: _____ Day 4: _____ Day 5: _____ Day 6: _____ Day 7: _____	Week 22 Number of miles: Day 1: _____ Day 2: _____ Day 3: _____ Day 4: _____ Day 5: _____ Day 6: _____ Day 7: _____
Week 15 Number of miles: Day 1: _____ Day 2: _____ Day 3: _____ Day 4: _____ Day 5: _____ Day 6: _____ Day 7: _____	Week 23 Number of miles: Day 1: _____ Day 2: _____ Day 3: _____ Day 4: _____ Day 5: _____ Day 6: _____ Day 7: _____
Week 16 Number of miles: Day 1: _____ Day 2: _____ Day 3: _____ Day 4: _____ Day 5: _____ Day 6: _____ Day 7: _____	Week 24 Number of miles: Day 1: _____ Day 2: _____ Day 3: _____ Day 4: _____ Day 5: _____ Day 6: _____ Day 7: _____