



# Podcast Completion Checklist and Mileage Tracker

(for the Complete Program WalkKit)

A program of ALLIANCE FOR A HEALTHIER GENERATION

When listening to podcasts multiple times, check the **2nd** and **3rd** boxes and adjust the **Miles** field.

							TOTAL		<input type="text"/>
✓	#	Podcast Title	Date 1st Walk	2nd	3rd	Miles X	# Students	=	TOTAL MILES
	1	Welcome to The Walking Classroom							
	2	Introduction to TWC							
	3	Idioms							
	4	Simile and Metaphor							
	5	Alliteration and Personification							
	6	Setting and Symbolism							
	7	Point of View in Writing							
	8	Types of Conflict in Writing							
	9	Rhyme Scheme, Meter and Verse							
	10	Oxford English Dictionary							
	11	Learning in Context							
	12	Homonyms and Homophones							
	13	Greek and Latin Root Words							
	14	Adverbs of Manner							
	15	Prepositions							
	16	Interjections							
	17	Word Choice							
	18	Adjusting Your Writing for Different Audiences							
	19	First Person vs. Third Person							
	20	Summary Writing							
	21	Firsthand vs. Secondhand Accounts							
	22	Conducting Effective Interviews							
	23	Trickster Stories							
	24	Riddles from The Hobbit							
	25	"The Echoing Green"							
	26	"I Hear America Singing"							
	27	Ralph Waldo Emerson							

✓	#	Podcast Title	Date 1st Walk	2nd	3rd	Miles	X	# Students	= TOTAL MILES
	28	Emily Dickinson							
	29	"Casey at the Bat"							
	30	"Take Me Out to the Ballgame"							
	31	Rene Magritte							
	32	Salvador Dali							
	33	Robert Frost							
	34	Langston Hughes							
	35	Carl Sandburg							
	36	Ogden Nash							
	37	Maya Angelou							
	38	Jack Prelutsky							
	39	Myths, Legends, and Lore							
	40	"John Henry"							
	41	Legendary and Everyday Heroes							
	42	Superheroes and Villains of Writing							
	43	Importance of Superheroes in Society							
	44	Heroic Dogs and Horses							
	45	William Shakespeare							
	46	Feudalism							
	47	Castles of the Middle Ages							
	48	Knights of the Middle Ages							
	49	Women and Girls in the Middle Ages							
	50	Joan of Arc							
	51	Johannes Gutenberg							
	52	Renaissance Artists							
	53	Marco Polo							
	54	Christopher Columbus							
	55	Pedro Alvares Cabral							
	56	Vasco da Gama							
	57	The Maya							
	58	The Aztec							
	59	The Inca							
	60	The Boston Massacre							
	61	Crispus Attucks							
	62	The Boston Tea Party							
	63	The Intolerable Acts							

✓	#	Podcast Title	Date 1st Walk	2nd	3rd	Miles	X	# Students	= TOTAL MILES
	64	Thomas Paine and Common Sense							
	65	Paul Revere							
	66	Patrick Henry							
	67	Deborah Sampson							
	68	"Yankee Doodle"							
	69	Benjamin Franklin							
	70	Samuel Adams							
	71	George Washington							
	72	U.S. Preamble and Constitution							
	73	Checks and Balances							
	74	"Star Spangled Banner"							
	75	Statue of Liberty							
	76	Slave Life and Rebellions							
	77	Mason Dixon Line							
	78	The Underground Railroad							
	79	Harriet Tubman							
	80	Women of the Civil War							
	81	Sojourner Truth							
	82	Frederick Douglass							
	83	Abraham Lincoln							
	84	Civil War Generals, Part 1							
	85	Civil War Generals, Part 2							
	86	Emancipation Proclamation							
	87	Gettysburg, Part 1							
	88	Gettysburg, Part 2							
	89	Assassination of Lincoln							
	90	"O Captain! My Captain!"							
	91	Reconstruction							
	92	Carpetbaggers and Scalawags							
	93	The 14th Amendment							
	94	Clara Barton							
	95	Elizabeth Cady Stanton and Susan B. Anthony							
	96	Native American Mound Builders							
	97	The Cumberland Gap							
	98	Davy Crockett							

✓	#	Podcast Title	Date	1st Walk	2nd	3rd	Miles	X	# Students	= TOTAL MILES
	99	Westward Expansion								
	100	Lewis and Clark and Sacagawea								
	101	Tecumseh								
	102	Sequoyah								
	103	The Santa Fe Trail								
	104	The Erie Canal								
	105	Trail of Tears								
	106	Manifest Destiny								
	107	"Civil Disobedience"								
	108	Gold Rush								
	109	The Pony Express								
	110	Chief Joseph								
	111	Booker T. Washington								
	112	Henry Ford								
	113	How Taxes Work								
	114	Money								
	115	The Stock Market Crash								
	116	The Great Depression								
	117	The Dust Bowl								
	118	Franklin Delano Roosevelt, Part 1								
	119	Franklin Delano Roosevelt, Part 2								
	120	Eleanor Roosevelt								
	121	Negro Baseball League								
	122	"Who's on First?"								
	123	Dr. Martin Luther King Jr.								
	124	Rosa Parks								
	125	Barack Obama								
	126	Skin								
	127	Human Body's Slimy Shields								
	128	Heart and Circulatory System								
	129	Conservation								
	130	Food Chains								
	131	Animal Classification								
	132	Geology								
	133	Layers of the Earth								



✓	#	Podcast Title	Date 1st Walk	2nd	3rd	Miles X	# Students	= TOTAL MILES
	134	Rocks of the Earth's Crust						
	135	Continental Divide						
	136	Mountains						
	137	Hot Springs and Geysers						
	138	Volcanoes						
	139	Deserts of the World						
	140	Physical vs. Political Maps						
	141	Current and Tides						
	142	Marine Life						
	143	The Ocean Floor						
	144	Sun, Stars, and Galaxies						
	145	Greek Constellations						
	146	Native American Constellations						
	147	Meteorology						
	148	Water Cycle						
	149	Tornadoes						
	150	Hurricanes						
	151	Turning a Hobby into a Career						
	152	Neil Armstrong						
	153	Benjamin Banneker						
	154	Dr. Christiaan Barnard						
	155	Dr. Elizabeth Blackwell						
	156	Louis Braille						
	157	Rachel Carson						
	158	George Washington Carver						
	159	John Dalton						
	160	William Morris Davis						
	161	Dr. Charles Drew						
	162	Thomas Edison						
	163	Albert Einstein						
	164	Gabriel Fahrenheit						
	165	Galileo Galilei						
	166	John Muir						
	167	Dr. Daniel Hale Williams						