



**Side-by-Side Comparison of Girls on the Run's 6th - 8th Grade Programs**

Heart & Sole	Girls on Track
Based on current research including brain research on adolescents	Based on foundations of Girls on the Run's flagship program (updated in 2008)
Thematic content	Topic-based content on specific issues
Discussions driven primarily by the girls	Discussions led primarily by the coaches
Provides more physical challenges (based on research)	
Provides opportunities to lead (based on research)	
Features the concept of Small Acts of Kindness to develop empathy and an personal sense of service	Features a team-managed community impact project at the end of the program

**Features of Both Programs**

<p><b>Emphasizes Girls on the Run's vision and core values:</b></p> <p>Vision: We envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.</p> <p>Values:</p> <ul style="list-style-type: none"> <li>- Recognize our power and responsibility to be intentional in our decision making.</li> <li>- Embrace our differences and find strength in our connectedness.</li> <li>- Express joy, optimism and gratitude through our words, thoughts and actions.</li> <li>- Nurture our physical, emotional and spiritual health.</li> <li>- Lead with an open heart and assume positive intent.</li> <li>- Stand up for ourselves and others.</li> </ul>	<p><b>Outcomes include the 5Cs + 1:</b></p> <table border="0"> <tr> <td>confidence</td> <td>competence</td> </tr> <tr> <td>character</td> <td>caring</td> </tr> <tr> <td>connection</td> <td>+ contribution</td> </tr> </table> <p><b>Culminates in a celebratory 5k event</b></p>	confidence	competence	character	caring	connection	+ contribution
confidence	competence						
character	caring						
connection	+ contribution						

