



MOVE YOUR WAY!

Daily Log

K-STATE
Research and Extension
Walk Kansas

Captain's Name/Phone/Email _____

Directions: Each day, record your minutes of moderate/vigorous activity (and include minutes of strengthening exercises). Give yourself a (check) if you did strengthening exercises that day. Record cups of fruit/vegetables you eat and glasses or ounces of water you drink (this is optional). Every Sunday, report your weekly total of exercise minutes, cups of fruits/vegetables, and number of days you did strengthening exercises to your team captain.

Reminder: If you wear a activity tracker to count steps, you may start counting after you reach 6,000 that day. Report 15 minutes for each 2,000 steps (above the 6,000.)

		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	WEEKLY TOTAL
Week #1	Minutes								Min F/V
	Strengthening								
	Fruits & Vegetables								
	Water								
Week #2	Minutes								
	Strengthening								
	Fruits & Vegetables								
	Water								
Week #3	Minutes								
	Strengthening								
	Fruits & Vegetables								
	Water								
Week #4	Minutes								
	Strengthening								
	Fruits & Vegetables								
	Water								
Week #5	Minutes								
	Strengthening								
	Fruits & Vegetables								
	Water								
Week #6	Minutes								
	Strengthening								
	Fruits & Vegetables								
	Water								
Week #7	Minutes								
	Strengthening								
	Fruits & Vegetables								
	Water								
Week #8	Minutes								
	Strengthening								
	Fruits & Vegetables								
	Water								

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer.

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact the Director of Institutional Equity, Kansas State University, 103 Edwards Hall, Manhattan, KS 66506-0124, (Phone) 785-532-6220; (TTY) 785-532-4807.