



Team Captain's Log

Team Captain's Name _____

Team Name _____

Directions:

- Collect individual registration forms and fees from each member (include yourself). Submit forms/fees.
- Record team members' total weekly activity minutes and fruit/vegetable amounts.
- On Monday of each week, report team totals to the Extension Office or enter information at www.walkkansasonline.org
- Encourage team members to view their program at www.walkkansasonline.org
- Ask team members if they are receiving a weekly Walk Kansas newsletter. If not, contact the Extension Office.

Contact information for local K-State Research and Extension Office:

Lisa Newman
Family and Community Wellness

785-392-2147
lmnewman@ksu.edu

Please report total minutes of activity for your team each week. The website will convert minutes into miles for your team. Fifteen minutes of moderate or vigorous physical activity counts as one Walk Kansas mile.

| | Week 1 | | Week 2 | | Week 3 | | Week 4 | | Week 5 | | Week 6 | | Week 7 | | Week 8 | |
|-----------------------------|--------|-----|--------|-----|--------|-----|--------|-----|--------|-----|--------|-----|--------|-----|--------|-----|
| Teammates | Min | F/V | Min | F/V | Min | F/V | Min | F/V | Min | F/V | Min | F/V | Min | F/V | Min | F/V |
| 1. | | | | | | | | | | | | | | | | |
| 2. | | | | | | | | | | | | | | | | |
| 3. | | | | | | | | | | | | | | | | |
| 4. | | | | | | | | | | | | | | | | |
| 5. | | | | | | | | | | | | | | | | |
| 6. | | | | | | | | | | | | | | | | |
| Total Minutes | | | | | | | | | | | | | | | | |
| Total Fruits and Vegetables | | | | | | | | | | | | | | | | |

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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