



Celebrate *healthy living*

K-STATE
Research and Extension

Walk Kansas

Captain's Log

Team Captain's Name _____

Team Name _____

Directions:

- Collect individual registration forms and fees from each member (include yourself). Register online or 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:

Central Kansas Extension District, Salina: 785-309-5850

Central Kansas Extension District, Minneapolis: 785-392-2147

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.

Teammates	Week 1		Week 2		Week 3		Week 4		Week 5		Week 6		Week 7		Week 8	
	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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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.