

Captain's Name/Phone/Email

fruits/vegetables to your team captain.

Directions:	Each day, record your	minutes of moderate/v	vigorous activity (a	nd include minut	es of strengthening	g exercis-
es). Give yo	ourself a (check) if you c	lid strengthening exerc	ises that day. Reco	ord cups of fruit/v	egetables you eat	and glass-
es or ounce	es of water you drink (th	nis is optional). Every Su	unday, report your	weekly total of e	xercise minutes an	nd cups of

Reminder: You must do the activity for 10 consecutive minutes for it to count toward Walk Kansas. 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.)

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