

Walk Kansas



## Team Captain's Log

Team Captain's Name \_\_\_\_\_

Team Name \_\_\_

Directions:

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

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.

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