

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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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.