

Team Captain's Name



Team Captain's Log

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:
Coffey County Extension Jill Barnhardt, Agent jbarnhardt@ksu.edu; 620-364-5313

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

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.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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