



Team Captain's Log

Team Captain's Name _____

Team Name _____

Directions:

- 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 using your login information.
- Encourage team members to view their progress online at www.walkkansasonline.org and attend Poker Walks.
- Ask team members if they are receiving a weekly Walk Kansas newsletter. If not, contact the Extension Office.
- During weeks 7 and 8, ask team-mates to complete a program evaluation survey and submit a success story if appropriate (online or through paper survey returned to the Extension Office.)
- Have a great Walk Kansas!

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

K-State Research and Extension- Coffey County
110 S 6th St, Rm 7
PO Box 269
Burlington, KS 66839
620-364-5313
csents@ksu.edu or ljohnson15@ksu.edu

Join us for POKER WALKS every Tuesday during Walk Kansas! Watch for more information about Poker Walks coming soon!

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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