



# Walk Kansas

*celebrate  
healthy living*

## Daily Log

Captain's Name/Phone/Email \_\_\_\_\_

**Directions:** Each day, record your minutes of moderate/vigorous activity (and include minutes of strengthening exercises). Give yourself a (check) if you did strengthening exercises that day. Record cups of fruit/vegetables you eat and glasses or ounces of water you drink (this is optional). Every Sunday, report your weekly total of exercise minutes and cups of fruits/vegetables to your team captain.

**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.)

		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	WEEKLY TOTAL	
									Min	F/V
Week #1	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
Week #2	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
Week #3	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
Week #4	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
Week #5	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
Week #6	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
Week #7	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
Week #8	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									