



Team Captain's Log

Team Captain's Name _____

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:

Meadowlark Extension District 114 W 5th St. Holton, KS 66436-1791 (785)364-4125	Meadowlark Extension District P.O. Box 326, 100 E Washington Oskaloosa, KS 66066-0326 (785)863-2212	Meadowlark Extension District 1500 Community Dr. Seneca, KS 66538-9786 (785)336-2184
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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																