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

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.

<table>
<thead>
<tr>
<th>Teammates</th>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
<th>Week 5</th>
<th>Week 6</th>
<th>Week 7</th>
<th>Week 8</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Min</td>
<td>F/V</td>
<td>Min</td>
<td>F/V</td>
<td>Min</td>
<td>F/V</td>
<td>Min</td>
<td>F/V</td>
</tr>
<tr>
<td>1.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Minutes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fruits and Vegetables</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.
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.