



# WALK KANSAS

March 31 - May 25, 2024



## 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, cups of fruits/vegetables, and number of days you did strengthening exercises to your team captain.

**Reminder:** If you wear an activity tracker, you may report 15 minutes for each 2,000 steps = 1 mile.

		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	WEEKLY TOTAL
Week #1	Minutes								Min F/V
	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								

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