

# Walk Kansas Daily Log

Your Name \_\_\_\_\_

Team Name \_\_\_\_\_

Captain's Name/Phone/E-mail \_\_\_\_\_

**Directions:** Each day, record cups of fruits/vegetables you eat, minutes of moderate or vigorous activity, and give yourself a bonus ✓ if you moved 1-2 minutes every hour of the day. Every Sunday, total the cups fruits/veg and minutes of activity. If you had bonus ✓ marks for at least 6 days add 15 minutes to your activity total. Report minutes and fruits/vegetables to your team captain each week.

		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	TOTAL
<b>Week #1</b>	Minutes								
	Bonus								
	F/V								
<b>Week #2</b>	Minutes								
	Bonus								
	F/V								
<b>Week #3</b>	Minutes								
	Bonus								
	F/V								
<b>Week #4</b>	Minutes								
	Bonus								
	F/V								
<b>Week #5</b>	Minutes								
	Bonus								
	F/V								
<b>Week #6</b>	Minutes								
	Bonus								
	F/V								
<b>Week #7</b>	Minutes								
	Bonus								
	F/V								
<b>Week #8</b>	Minutes								
	Bonus								
	F/V								

**\* Fifteen minutes of moderate or vigorous physical activity counts as one Walk Kansas mile.**



Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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