



## 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](http://www.walkkansasonline.org)
- Encourage team members to view their program at [www.walkkansasonline.org](http://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:

Marais des Cygnes Extension District  
 Paola - 913-294-4306, Julie or Tracy  
 Mound City - 913-795-2829, Franny or Carolynn

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.																
<b>Total Minutes</b>																
<b>Total Fruits and Vegetables</b>																

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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