



Captain's Log

Team Captain's Name _____

Team Name _____

Captain Directions

- Collect individual registrations forms and fees from each members. Submit forms/fees.
- Record team members' total weekly activity minutes and fruit/vegetable amounts.
- Encourage team member connections during the program
- On Monday report weekly team totals to the Extension Office or enter information online.
- Encourage team members to review their progress at www.walkkansasonline.org
- Ask team members if they are receiving a weekly Walk Kansas newsletter via e-mail or reading online. Newsletters can be mailed upon request.
- The log below is for your reference/notes only.
- Questions. Contact Diane Nielson, Extension Agent. Atchison County Extension Office. Phone-913-833-5450 E-mail-atchisoncoext@ksu.edu

Plan to 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.

	Week 1		Week 2		Week 3		Week 4		Week 5		Week 6		Week 7		Week 8	
	Min	FV	Min	FV	Min	FV	Min	FV	Min	FV	Min	FV	Min	FV	Min	FV
Teammates																
1.																
2.																
3.																
4.																
5.																
6.																
Total Minutes																
Total Fruits and Vegetables																

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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Teammate Information

Teammate Names	Phone	E-mail

Team Goal Notes

Walk Kansas Goal	
Week 1	
Week 2	
Week 3	
Week 4	
Week 5	
Week 6	
Week 7	
Week 8	
Team Celebration Plans	
Post Walk Kansas Team Goals	