

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
Week #1	Minutes								
	Bonus								
	F/V								
Week #2	Minutes								
	Bonus								
	F/V								
Week #3	Minutes								
	Bonus								
	F/V								
Week #4	Minutes								
	Bonus								
	F/V								
Week #5	Minutes								
	Bonus								
	F/V								
Week #6	Minutes								
	Bonus								
	F/V								
Week #7	Minutes								
	Bonus								
	F/V								
Week #8	Minutes								
	Bonus								
	F/V								

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