## 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  $\sqrt{}$  if you did strengthening exercises that day. Every Sunday, total the cups fruits/veg and minutes of activity. Report minutes and fruits/vegetables to your team captain each week.

		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	TOTAL
Week #1	Minutes								
	Strengthening								
	F/V								
Week #2	Minutes								
	Strengthening								
	F/V								
Week #3	Minutes								
	Strengthening								-
	F/V								
Week #4	Minutes								
	Strengthening								
	F/V								
Week #5	Minutes								
	Strengthening								-
	F/V								
Week #6	Minutes								
	Strengthening								1
	F/V								
Week #7	Minutes								
	Strengthening								
	F/V								
Week #8	Minutes								
	Strengthening								
	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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