



MOVE YOUR WAY!

Daily Log

K-STATE
Research and Extension
Walk Kansas

Captain's Name/Phone/Email _____

Directions: Each day, record your minutes of moderate/vigorous activity (and include minutes of strengthening exercises. Remember, you can double the minutes you report if you do vigorous activity. Check your Activity Guide, page 4, for more details). Give yourself a (check) if you did strengthening exercises that day. Record cups of fruit/vegetables you eat and glasses or ounces of water you drink (this is optional). Enter your daily totals into your portal at www.walkkansasonline.org. Or, report these to your team captain, weekly, so they can include your efforts toward team progress.

		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	WEEKLY TOTAL
Week #1	Minutes								Min F/V
	Strengthening								
	Fruits & Vegetables								
	Water								
Week #2	Minutes								
	Strengthening								
	Fruits & Vegetables								
	Water								
Week #3	Minutes								
	Strengthening								
	Fruits & Vegetables								
	Water								
Week #4	Minutes								
	Strengthening								
	Fruits & Vegetables								
	Water								
Week #5	Minutes								
	Strengthening								
	Fruits & Vegetables								
	Water								
Week #6	Minutes								
	Strengthening								
	Fruits & Vegetables								
	Water								
Week #7	Minutes								
	Strengthening								
	Fruits & Vegetables								
	Water								
Week #8	Minutes								
	Strengthening								
	Fruits & Vegetables								
	Water								

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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