

Team Captain's Log

Team	Captain's Name	
Team	Name	

Directions:

- *Collect an individual registration form and \$8.00 fee (plus cost of shirt, if ordered) from each member. Be sure to include yourself. Submit forms/fees to Shawnee County Extension Office **before registration deadline of March 9**.
- *Record your team members' total weekly activity minutes and cups of fruit and vegetables consumed.
- *On Monday of each week, enter team totals on the website at www.walkkansas.org
- *Encourage team members to view their progress on the Walk Kansas website.
- *Check to make sure each participant is receiving a weekly newsletter. If not, notify Susan or Joanne at 232-0062.
- *During week 7 and 8, encourage team-mates to complete a program evaluation form and submit a success story if appropriate. Submit these to the local office as directed in future correspondence.

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.

	Mar. 18-24 Week #1		Mar. 25-31 Week #2		Apr 1-7 Week #3		Apr 8-14 Week #4		Apr. 15-21 Week #5		Apr. 22-28 Week #6		Apr. 29-May 5 Week #7		May 6-12 Wee #8	
Names	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.																
Total Minutes																
Total FPV	_															

^{*}Questions? Contact Susan Fangman or Joanne Domme at the Shawnee County Extension at 232-0062.