



Team Captain's Log

Team Captain's Name _____

Team Name _____

Directions:

- *Collect individual registrations forms and fees from each member (include yourself.) (Once your team is setup, team members can enter their own information.) www.walkkansas.org The Extension office will set up your team as in the past.
- *Submit forms/fees to the Cottonwood Extension District Office (where you live) before registration deadline.
- *At least weekly record and enter team members' total weekly info at walkkansas.org (team members can enter their totals as well) or report totals to the Extension office.
- *Encourage members to view their progress at www.walkkansas.org - My Walk Kansas.
Make sure team members are receiving a weekly Walk Kansas newsletter.
- *During week 7 & 8, encourage teammates to complete a program evaluation survey on line or turn in a paper survey into your local Cottonwood Extension District Office.

Contact information for local K-State Research and Extension Office:

In Barton County Contact:

Cottonwood Extension District - Great Bend Office
1800 12th Street Great Bend, KS 67530
620-793-1910
bwalton@ksu.edu

In Ellis County Contact:

Cottonwood Extension District - Hays Office
1800 12th Street Hays, KS 67601
785-628-9430
tam3@ksu.edu

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.

Teammates	Week 1		Week 2		Week 3		Week 4		Week 5		Week 6		Week 7		Week 8	
	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 Fruits and Vegetables																