



Daily Log



Captain's Name _____ Phone _____

Captain's E-Mail _____

Directions: Each day, record your minutes of moderate/vigorous activity, (and include minutes strengthening exercises.) Record cups of fruits/vegetables you eat each day.

On Sunday, report your weekly total of exercises minutes and cups of fruits/vegetables to your team captain. What counts towards Walk Kansas minutes? Check the Celebrate Healthy Living Activity Guide for details.

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