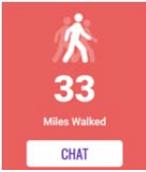


What counts as activity?

As you begin your Walk Kansas journey, please be mindful of the types of activity that you count toward Walk Kansas minutes. It's not about making every activity or movement you already do count. We are measuring moderate and vigorous activity that is done for at least 10 consecutive minutes OR steps that you take after you have reached 6,000 in one day. You can also count minutes when you do strengthening exercises. For more guidance on what to count, refer to the Walk Tall, Walk Strong guide.

Online reporting

Log on with your user name and password at walkkansasonline.org. You have various options to log your progress with the new system:

<p>Use the purple box to log your personal minutes for walking or other physical activity. The system will automatically convert to miles. (15 minutes = 1 Walk Kansas mile)</p>	
	<p>The red box will display the total progress of your team. Click on this button to send a group message to your team.</p>
<p>Use the yellow box to keep track of strength training minutes (recommended at least 2 days a week). You can log all minutes under the purple box if that is easier.</p>	
	<p>Water is an essential nutrient for your body. You can use the blue box to log how many glasses of water you consume (optional).</p>
<p>Fruits and vegetables are important for a healthy diet. Use the green button for logging cups for fruits and vegetables. How much counts as a cup? Click here to learn more.</p>	

Paper Reporting

If you prefer, you can record your daily progress on a paper log and then enter weekly totals or submit to your team captain. Team captains, if your team is NOT logging online, please call the extension office by noon each Monday to report your team totals!