

2014 WALK KANSAS INSTRUCTIONS

- **Dates: March 17-May 12**
- **EACH DAY** log miles walked (or other physical activity).
... log total amount of servings of fruits and/or vegetables eaten.
- **EACH WEEK**10 miles (or 150 minutes) or more is optimal-- for an 'A'.

Total miles walked during 8 weeks	54 or less	55-59	60-64	65-69	70-74	75-79	80+
Points	No Credit	45	50	55	60	65	70

6 points are awarded for logs turned in by May 14

Timely Reporting in weeks/Pts. Awarded		4 or less:0		5 Weeks/15 Pts		6 Weeks/18 Pts		7 Weeks/21 Pts		8 Weeks/24 Pts
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* **EVERY MONDAY**...each student must turn in/call in his or her log** so the previous week's information can be recorded by an instructor.

**The first Monday, March 24, you will report for the week of Mar.17-23

Repeat every Monday--- ending on May 12.

If 4 weeks or less time is reported, the student forfeits participation and will not receive ½ credit of PE. Also---the **completed** logs must be turned in (or mailed/emailed) to the Learning Center by May 14, 2014 for the ½ credit.

Our phone number: 785-623-2426

*On the back of each 'miles' log is a list of other activities that can be counted instead of walking. **REMEMBER: EVERY 15 MINUTES = 1 MILE.**

LOGS MUST BE TURNED IN BY Wed. MAY 14, 2014 TO RECEIVE ½ CREDIT OF PE

Absolutely NO CREDIT will be given to any student after May 14, 2014.