

## 2019 WALK KANSAS INSTRUCTIONS

\* **March 11 –May 4**

\* **Log into Edgenuity to Report:**

**Click on Organizer, then Resources; the Fitness Log is in the Resources folder.**

**EACH DAY you exercise:** Record as directed in example.

Also... put the number of servings of fruits and/or vegetables eaten every day.

For example if you had fruits/vegetables on a Tuesday during one of the

weeks, select “cardio”; enter “0” for minutes and in activity, type:

“fruits/veg” and in the notes, type “5 servings”.

The screenshot shows a web form titled "Fitness Log" with a light blue background. At the top, it says "SELECT A CATEGORY" and has three icons: a red one for "strength", a green one for "cardio" (which is highlighted with a white callout box), and a blue one for "flexibility". Below the icons are two input fields: "Activity:" with the text "Aerobics" and "Duration (minutes):" with the text "40". Underneath these is a "Notes:" section with a text area containing "Shaun T dance video". A yellow "CREATE" button is located at the bottom right of the form.

\* **EACH WEEK .....** 150 minutes or more is the goal.

After the fourth week of no Fitness Log updates, we are obligated to dismiss you from Walk Kansas

...So...**EVERY MONDAY**...each student has to have fitness log updated in

Edgenuity. \*\*The first Monday, March 11th comes during Spring Break.

**Please call us at 785-623-2426 if you have questions.**

**You may count 15 minutes moderate intensity, continuous physical activity as 1 mile and vice versa.**

APPROVED ACTIVITIES:

-Walking -Bicycling -Racquetball -Running -Swimming -Skateboarding -Weight Training

Also, Team Sports (Basketball, Soccer, Volleyball, Football, Baseball/Softball, etc.)

And/ or Other Aerobic Exercise, such as

- Machines
- Dance
- Step Aerobics
- Yoga
- Pilates
- Zumba

**Earning this .5 credit by being timely is important!  
 No credit will be awarded for this opportunity to  
 students who don't report during the  
 March 11<sup>th</sup> to May 4<sup>th</sup> window**

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

6 points are awarded for logs completely updated by May 8

<b>Timely Reporting in Edgenuity each week is awarded as follows:</b>		<b>4 or less:0</b>		<b>5 Weeks/15 Pts</b>		<b>6 Weeks/18 Pts</b>		<b>7 Weeks/21 Pts</b>		<b>8 Weeks/24 Pts</b>	
---	--	--------------------	--	-----------------------	--	-----------------------	--	-----------------------	--	-----------------------	--

**(Remember: Goal is 150 minutes or 10 miles per week)**