

Walk Kansas

*celebrate
healthy living*

Online Registration and Logging Instructions

Participant Registration

To register online:

If you already have a team, wait for your team captain to start the online registration process. You will receive a message by email inviting you to join Walk Kansas and complete online registration. The team will be identified by your captain's name at first. (After the team is signed up the captain can add the name your team chooses.) Follow the instructions in the email; complete required personal information. Authorize the responsibility agreement; and place an order through the Walk Kansas Store (optional). Your order will not be placed until your payment, cash or check, is received in the Extension Office.

Don't have a team yet? You can register online as an individual. Go to www.walkkansas.org and click on "My Walk Kansas"; then click the yellow *Register* box. Complete the required personal information. When it asks if you are a team captain or individual, click *Individual*. Authorize the responsibility agreement; and place an order through the Walk Kansas Store, (optional). Note that orders are not placed or finalized until payment is received. Extension Office staff will assist you in finding a team with similar goals.

Registration Highlights

- ◆ **Step 1: Team of six people forms and selects a captain**
- ◆ **Step 2: Captain registers team online and enters email for all members**
- ◆ **Step 3: Team members receive email invitation; each one completes online registration**
- ◆ **Team registration is complete when all members enter personal data online and pay fees**
- ◆ **All team members log online (instructions on next page.) Participants can log online daily, or up to one week at a time.**



K-STATE
Research and Extension

Kansas State University Agricultural
Experiment Station and Cooperative Extension
Service

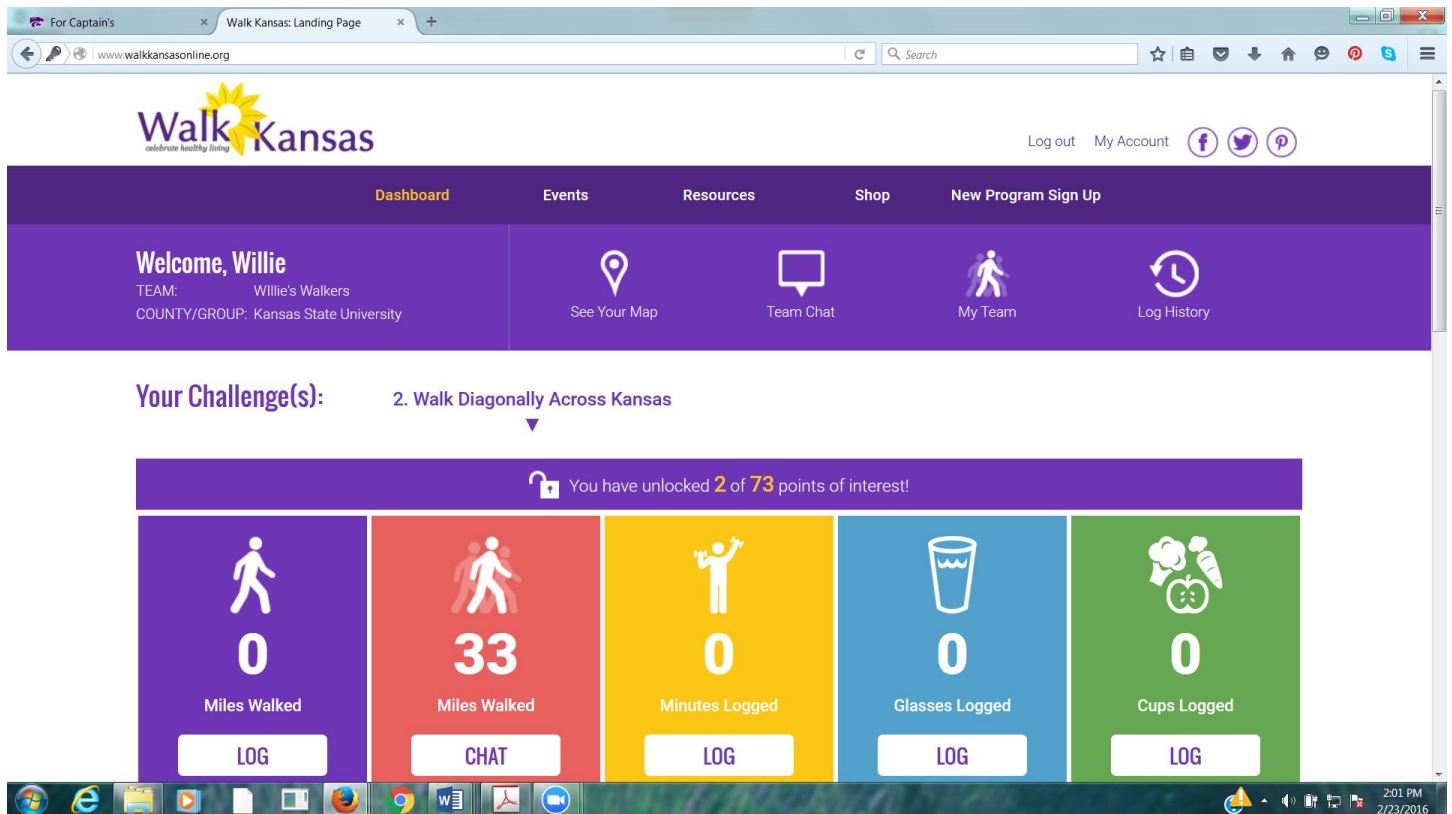
K-State Research and Extension is an equal
opportunity provider and employer.

Kansas State University is committed to making its
services, activities and programs accessible to all
participants. If you have special requirements due to
a physical, vision, or hearing disability, contact the
Director of Institutional Equity, Kansas State
University, 103 Edwards Hall, Manhattan, KS
66506-0124, (Phone) 785-532-6220; (TTY) 785-
532-4807.

Reporting/logging online:

The online system will be ready for you to use beginning April 3. When you log into your account, you will see a screen similar to the one below.

The purple horizontal “welcome” bar takes you to the map (to see team progress); a place to “chat” with your team; “My Team” where all of your team members are listed; and “Log History” where you can view what you have logged to date. You and your team members will log minutes of activity (aerobic and strengthening) which automatically convert to miles walked in the system. Log cups of fruits and vegetables as well. You can also keep track of water consumption (optional).



The screenshot shows a web browser window with the URL www.walkkansasonline.org. The page features a purple header with the "Walk Kansas" logo and navigation links: Dashboard, Events, Resources, Shop, and New Program Sign Up. A purple welcome bar displays the user's name "Willie", team "Willie's Walkers", and group "Kansas State University". Below this are buttons for "See Your Map", "Team Chat", "My Team", and "Log History". A section titled "Your Challenge(s):" lists "2. Walk Diagonally Across Kansas". A progress bar indicates "You have unlocked 2 of 73 points of interest!". The main dashboard consists of five colored boxes: a purple box for "Miles Walked" (0), a red box for "Miles Walked" (33), a yellow box for "Minutes Logged" (0), a blue box for "Glasses Logged" (0), and a green box for "Cups Logged" (0). Each box has a "LOG" button. The Windows taskbar at the bottom shows the time as 2:01 PM on 2/23/2016.

This system will convert minutes of walking/aerobic activity (see the Walk Tall, Walk Strong Activity Guide for instructions on what type of activity to report) into minutes (15 minutes = 1 mile). It will also convert the minutes of strengthening exercises (yellow box) that you log into activity minutes. These totals are instantly added to your log and your team total in the red box.

Flint Hills Extension District

Cottonwood Falls Office

PO Box 100, Cottonwood Falls, KS 66845
620.273.6491

Council Grove Office

Courthouse; 501 W Main, Council Grove, KS 66846
620.767.5136