



Move Across Kansas





Track Your Physical Activity

Progress Map Activity Weight (Optional) Fitness Level (Optional) Resting Heart Rate (Optional) Monthly Route Completion (Optional)

Date: Date:

Exercises Detail:

How Long: Minutes

Delete	Date	Detail	Minutes
<input type="button" value="−"/>	Jun 06, 2013	Walking	30
<input type="button" value="−"/>	Jun 04, 2013	Biking	30
<input type="button" value="−"/>	Jun 03, 2013	Walking	30
<input type="button" value="−"/>	Jun 02, 2013	Yoga	30
<input type="button" value="−"/>	Jun 01, 2013	Walking	30
	May 30, 2013	Walking	30

Move Across Kansas gives you other opportunities to maintain and track your health and fitness such as weight and resting heart rate. These additional tools are not required.



Track Your Progress

Progress Map

Activity

Weight (Optional)

Fitness Level (Optional)

Resting Heart Rate (Optional)

Monthly Route Completion (Optional)

Exercise Minutes

This Week: 120

This Month: 150

You are 25% to the finish. You have 75% left to go.

This Year: 420

% to Finish: 75%



Credits: Points of interest along the 'Family Fun Yellow Brick Road Trip' route were compiled by Kansas Department of Wildlife, Parks and Tourism, and are used with their permission. Please contact the [agency](#) for more information.

A different route will begin each month.