



# Walk Kansas

*celebrate  
healthy living*

## Daily Log

Captain's Name/Phone/Email \_\_\_\_\_

**Directions:** Each day, record your minutes of moderate/vigorous activity (and include minutes of strengthening exercises). Give yourself a (check) if you did strengthening exercises that day. Record cups of fruit/vegetables you eat and glasses or ounces of water you drink (this is optional). Every Sunday, report your weekly total of exercise minutes and cups of fruits/vegetables to your team captain.

**Reminder:** You must do the activity for 10 consecutive minutes for it to count toward Walk Kansas. If you wear a activity tracker to count steps, you may start counting after you reach 6,000 that day. Report 15 minutes for each 2,000 steps (above the 6,000.)

		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	WEEKLY TOTAL	
									Min	F/V
Week #1	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
Week #2	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
Week #3	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
Week #4	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
Week #5	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
Week #6	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
Week #7	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
Week #8	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									

# Counting Fruits and Vegetables

## How much is a cup?

In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup of fruit. Counting vegetables is similar -- 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup of vegetables. This chart lists specific amounts for fruits and vegetables.

	Amount that counts as 1 cup of fruit
<b>Apple</b>	½ large (3.25" diameter) 1 small (2.5" diameter) 1 cup sliced, chopped, raw or cooked
<b>Applesauce</b>	1 cup
<b>Banana</b>	1 cup sliced 1 large (8" to 9" long)
<b>Cantaloupe</b>	1 cup diced or melon balls
<b>Grapes</b>	1 cup whole or cut-up 32 seedless grapes
<b>Grapefruit</b>	1 medium (4" diameter) 1 cup sections
<b>Mixed fruit (fruit cocktail)</b>	1 cup diced or sliced, raw or canned (drained)
<b>Orange</b>	1 large (3-1/16" diameter) 1 cup sections
<b>Orange, mandarin</b>	1 cup canned, drained
<b>Peach</b>	1 large (2-3/4" diameter) 1 cup sliced or diced, raw, cooked, or canned
<b>Pear</b>	1 medium pear (2.5 per lb) 1 cup sliced or diced, raw, cooked or canned, drained
<b>Pineapple</b>	1 cup chunks, sliced or crushed, raw, cooked or canned, drained
<b>Plum</b>	1 cup sliced raw or cooked 3 medium or 2 large plums
<b>Strawberries</b>	About 8 large berries 1 cup whole, halved, or sliced, fresh or frozen
<b>Watermelon</b>	1 small wedge (1" thick) 1 cup diced or balls
<b>Dried fruit (raisins, prunes, apricots, cranberries, etc.)</b>	½ cup dried fruit is equivalent to 1 cup fruit
<b>100% fruit juice (orange, grape, apple, etc.)</b>	1 cup

The amount of fruits and vegetables you should eat depends on your age, sex, and level of physical activity. Most adults need 2 – 3 cups of vegetables and 1 ½ – 2 cups of fruit each day. More specific recommendations can be found at

<http://www.choosemyplate.gov/index.html>



	Amount that counts as 1 cup of vegetables
<b>Dark-Green Vegetables</b>	
<b>Broccoli</b>	1 cup chopped or florets 3 spears 5" long raw or cooked
<b>Greens: collards, mustard greens, turnip greens</b>	1 cup cooked
<b>Spinach. Raw leafy greens: Leafy lettuce, endive, romaine</b>	1 cup cooked 2 cups raw equals 1 cup of vegetables
<b>Orange Vegetables</b>	
<b>Carrots</b>	1 cup strips, slices, or chopped, raw or cooked 2 medium 1 cup baby carrots (12)
<b>Pumpkin</b>	1 cup mashed, cooked
<b>Sweet Potato</b>	1 large baked (2-1/4" or more diameter) 1 cup sliced or mashed
<b>Winter Squash</b>	1 cup cubed, cooked
<b>Dry Beans and Peas</b>	
<b>Dry bean &amp; peas (black, garbanzo, kidney, pinto, black-eyed peas, split peas, soybeans)</b>	1 cup whole or mashed, cooked
<b>Tofu</b>	1 cup ½" cubes (App 8 oz.)
<b>Starchy Vegetables</b>	
<b>Corn</b>	1 cup 1 large ear (8"-9" long)
<b>Green Peas</b>	1 cup
<b>White Potatoes</b>	1 cup diced, mashed 1 medium boiled or baked (2 ½ - 2" diameter)
<b>Other Vegetables</b>	
<b>Bean Sprouts</b>	1 cup cooked
<b>Cabbage, green</b>	1 cup, chopped or shredded raw or cooked
<b>Cauliflower</b>	1 cup pieces, raw or cooked
<b>Celery</b>	1 cup, diced or sliced, raw or cooked, 2 large stalks
<b>Cucumbers</b>	1 cup raw, sliced or chopped
<b>Green or Wax Beans</b>	1 cup cooked
<b>Green or Red Peppers</b>	1 cup chopped, raw or cooked 1 lg pepper (3" diam, 3-3/4" long)
<b>Lettuce</b>	2 cups raw equivalent to 1 cup
<b>Tomatoes</b>	1 large raw (3"), 1 cup chopped or sliced, raw, canned, or cooked
<b>Tomato/mixed veg. juice</b>	1 cup
<b>Summer squash/zucchini</b>	1 cup cooked, sliced, or diced