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, cups of fruits/vegetables, and number of days you did strengthening exercises to your team captain.

Reminder: If you wear an 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.)

<table>
<thead>
<tr>
<th></th>
<th>Sun</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
<th>WEEKLY TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Min F/V</td>
</tr>
<tr>
<td>Week #1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Minutes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Strengthening</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fruits &amp; Vegetables</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Water</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week #2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Minutes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Strengthening</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fruits &amp; Vegetables</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Water</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week #3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Minutes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Strengthening</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fruits &amp; Vegetables</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Water</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week #4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Minutes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Strengthening</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fruits &amp; Vegetables</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Water</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week #5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Minutes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Strengthening</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fruits &amp; Vegetables</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Water</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week #6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Minutes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Strengthening</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fruits &amp; Vegetables</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Water</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week #7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Minutes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Strengthening</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fruits &amp; Vegetables</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Water</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week #8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Minutes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Strengthening</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fruits &amp; Vegetables</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Water</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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.

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

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

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