



# Take the President's Challenge



## The Presidential Active Lifestyle Award (PALA)

This award program is designed to help you make and keep a commitment to regular physical activity. The PALA motivates adults to be active for 30 minutes a day/5 days a week. You can start with as little as 5 minutes at a time. It just takes a few simple steps.

### 1. Choose activities

Choose activities that you enjoy and make you feel good. Walking the dog, playing with grandchildren, or gardening are great ways to be active.

### 2. Get active

You need to get moving to meet your daily activity goal. There are hundreds of activities you can use in the six-week program. You can take up to eight weeks to complete the requirements.

If you like to run or walk, you can use a pedometer and record your number of steps each day. Start with a baseline (i.e. 500) and increase on a weekly basis. The ultimate goal for adults is 8,500 steps a day.

### 3. Track your activity

You can track your activities using our online physical activity log or a paper log. Sample logs can be found on our website.

### 4. Meeting your goal

After six weeks of continuous activities, you deserve to be recognized for your efforts. You have the option of ordering the PALA on-line, by phone, fax, or mail.

This is just the beginning. You are encouraged to continue earning the PALA for consecutive six-week periods or you can strive to be a Presidential Champion (see reverse side).



The President's Challenge  
501 N. Morton Street, Suite 203  
Bloomington, IN 47404-3731  
[www.presidentschallenge.org](http://www.presidentschallenge.org)  
1-800-258-8146

The President's Challenge is a program of the President's Council on Physical Fitness and Sports, U.S. Department of Health and Human Services



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## The Active Lifestyle Activity Log

Participant Name \_\_\_\_\_ Date Started \_\_\_\_\_ Date Completed \_\_\_\_\_

Week 1	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature _____		Date _____

Week 2	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature _____		Date _____

Week 3	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature _____		Date _____

Week 4	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature _____		Date _____

Week 5	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature _____		Date _____

Week 6	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature _____		Date _____

**Verification** I certify that I have met the requirements of the Presidential Active Lifestyle Award.

Participant Signature \_\_\_\_\_

I have met my daily activity goal for at least 5 days each week.

Supervising Adult's Signature (if applicable) \_\_\_\_\_

I have performed my physical activities for at least 6 weeks.