

# The Presidential Active Lifestyle Award



Have fun.

**Find Activities You Enjoy** - The *Presidential Active Lifestyle Award* (PALA) allows participants to choose from a wide variety of options to achieve that goal. No matter your interests or level of ability there's something for everyone. Maximize the fun by getting family and friends to join you in your favorite activities. Below are a few examples, for more information visit [www.millionpalachallenge.org](http://www.millionpalachallenge.org).

- **In the Great Outdoors** - Walk, hike a trail, try a canoe, swim at a pool, lake, or beach.
- **At the Gym** - Circuit Training, treadmill or elliptical machine, spinning, or yoga.
- **Around the House** - Take the dog for a walk, garden, play hide and seek, or tag.

**You Can Do It** - Once you've found your favorite physical activities, start logging them. Your goal is to be active at least 5 days a week for 6 weeks. Adults (18 years or older) complete at least 30 minutes per day, while youth (6 years to 17 years) should engage in at least 60 minutes per day. Tracking is easy:

- **Online** - Register for an account at [www.millionpalachallenge.org](http://www.millionpalachallenge.org) where you'll be able to select activities, enter times, and follow your progress. Looking for some additional motivation? Join an online group and compare your progress against others, while receiving encouragement along the way.
- **Paper Log** - Sometimes paper is best. You can use a hardcopy activity log (reverse side) to track your progress. If you're part of a group, include your group's ID. Just make sure to give your log to your Group Administrator or visit [www.millionpalachallenge.org](http://www.millionpalachallenge.org) to be counted!



Get moving.



**Get Recognized** - Earning the award is easy. Be active 5 days a week and in less than 2 months you'll be thanking yourself.

Visit [www.millionpalachallenge.org](http://www.millionpalachallenge.org) to track your progress and once you complete the award you'll receive a limited edition commemorative certificate recognizing your participation in the **Million PALA Challenge**.

Earn the award.



**Move It. Log It. Earn It.**

Join the Million PALA Challenge





# The Presidential Active Lifestyle Award Activity Log

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

Group ID \_\_\_\_\_ Group Name \_\_\_\_\_ Date Completed \_\_\_\_\_

| Week 1                | Activities | # of Minutes |
|-----------------------|------------|--------------|
| Mon                   |            |              |
| Tues                  |            |              |
| Wed                   |            |              |
| Thurs                 |            |              |
| Fri                   |            |              |
| Sat                   |            |              |
| Sun                   |            |              |
| Participant Signature |            | Date         |

| Week 2                | Activities | # of Minutes |
|-----------------------|------------|--------------|
| Mon                   |            |              |
| Tues                  |            |              |
| Wed                   |            |              |
| Thurs                 |            |              |
| Fri                   |            |              |
| Sat                   |            |              |
| Sun                   |            |              |
| Participant Signature |            | Date         |

| Week 3                | Activities | # of Minutes |
|-----------------------|------------|--------------|
| Mon                   |            |              |
| Tues                  |            |              |
| Wed                   |            |              |
| Thurs                 |            |              |
| Fri                   |            |              |
| Sat                   |            |              |
| Sun                   |            |              |
| Participant Signature |            | Date         |

| Week 4                | Activities | # of Minutes |
|-----------------------|------------|--------------|
| Mon                   |            |              |
| Tues                  |            |              |
| Wed                   |            |              |
| Thurs                 |            |              |
| Fri                   |            |              |
| Sat                   |            |              |
| Sun                   |            |              |
| Participant Signature |            | Date         |

| Week 5                | Activities | # of Minutes |
|-----------------------|------------|--------------|
| Mon                   |            |              |
| Tues                  |            |              |
| Wed                   |            |              |
| Thurs                 |            |              |
| Fri                   |            |              |
| Sat                   |            |              |
| Sun                   |            |              |
| Participant Signature |            | Date         |

| Week 6                | Activities | # of Minutes |
|-----------------------|------------|--------------|
| Mon                   |            |              |
| Tues                  |            |              |
| Wed                   |            |              |
| Thurs                 |            |              |
| Fri                   |            |              |
| Sat                   |            |              |
| Sun                   |            |              |
| Participant Signature |            | Date         |

## Instructions

**Online:** Visit [www.millionpalachallenge.org](http://www.millionpalachallenge.org) to register and enter your activities online. You can use this worksheet to help track your progress. Don't forget to join a group (ID at top of page if applicable). Online participation is the easiest way to be counted and get recognized!

**Paper:** You can use this worksheet to track your progress. Once completed, report your accomplishment and collect your certificate at [www.millionpalachallenge.org](http://www.millionpalachallenge.org). Or, if you are part of a group, make sure to return your completed log to your group administrator. Get recognized!

Group Administrator \_\_\_\_\_ Contact Phone/Email \_\_\_\_\_

Mailing Address \_\_\_\_\_