

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.

- **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 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 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 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 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. 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 _____