



# The Active Lifestyle Program

The Active Lifestyle Program is designed to help you make a commitment to staying active and sticking to it. It helps adults get active at least 30 minutes a day/5 days per week (or at least 60 minutes a day for youth under 18). You only have one life. . . get and stay active every day.

## 1. Choose an activity.

You can take the Challenge by yourself, or together with friends and family. Choose activities that are fun and make you feel good. Take a walk or an exercise class, play a sport, or do activities around the house.

## 2. Get active.

You need to meet your daily activity goal (30 minutes a day for adults; 60 minutes a day for youth under 18) at least 5 days per week, for a total of 6 weeks. You can take up to 8 weeks to complete the program.



## 3. Track your activity.

Our online activity log makes it easy for you to track the time you spend on activities. Log your time as often as you want, in increments as short as 5 minutes.

Visit [www.presidentschallenge.org](http://www.presidentschallenge.org).

You can also keep track of your progress on paper with the enclosed activity log form on page 4. Keep in mind that this means we won't have an online record of the activity points you earn – which could apply to the Presidential Champions Program.

## 4. Earn your award.

When you reach your goal, the Active Lifestyle Program recognizes your accomplishment with special awards. Awards are available online or by mail, fax, or phone. You can then continue earning awards in the Active Lifestyle Program or move on to the next challenge: the Presidential Champions Program. If you have questions, call 1-800-258-8146.

## Presidential Active Lifestyle Awards

### Presidential Active Lifestyle Award (PALA)

For anyone who meets their daily activity goal 5 days per week for 6 weeks as part of the Active Lifestyle program. You'll also receive five eagle stickers; each time you complete the program, you can apply one to your certificate.



**Presidential Active Lifestyle Award Certificate**

(Actual Size: 8" x 10")  
Item Code #110  
\$.50



**Presidential Active Lifestyle Award Emblem**

Available only as part of the Presidential Active Lifestyle Award Set



**Presidential Active Lifestyle Award Lapel Pin**

(Actual Size: About 3/4" diameter)  
Item Code #150  
\$3.00



**Strip of Stickers**

For Presidential Active Lifestyle Award Certificates.  
Item Code #120  
\$.30



**Bumper Sticker**

(Actual Size: 3" x 12")  
Item Code #130  
\$.50

## Presidential Active Lifestyle Award Set

Complete award set includes one of each: Emblem, Certificate, and Strip of Stickers  
Item Code #100  
\$1.75

# Measure Your Walk or Run Each Day

## Using a pedometer

Whenever you run or walk, you can use a pedometer – a small device that automatically counts the number of steps you take. Then just record the number of steps in your activity log.

If you want to log minutes one day and pedometer steps the next, that's okay, as long as you meet your daily activity goal of minutes or steps.

- Girls 6 to 17 – At least 11,000 steps a day
- Boys 6 to 17 – At least 13,000 steps a day
- Adults 18 or older – At least 8,500 steps a day

If you're just starting out, determine your average steps per day for one week. Then increase your steps by 500/day per week until you reach your requirement.

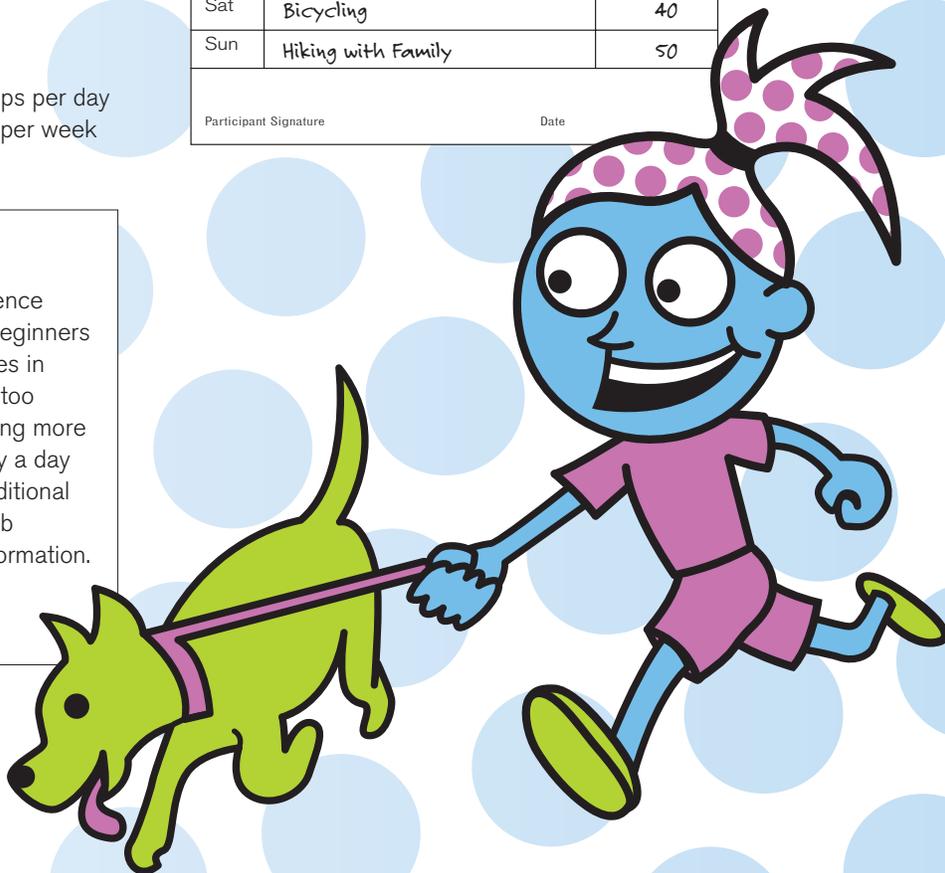
Active Lifestyle Log Example:

Week 1	Activities	# of Minutes or Pedometer Steps
Mon	Swimming, Cleaning House	40
Tues	Pedometer	9,000
Wed	Dance Lessons, Walk the Dog	75
Thurs	Pedometer	8,500
Fri	Softball	30
Sat	Bicycling	40
Sun	Hiking with Family	50

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

## Step Rationale

The step counts were chosen by the PCPFS Science Board to encourage activity levels attainable by beginners but roughly equivalent to the standards for minutes in physical activity. A 10,000-step standard may be too much to expect of a beginner. Just as accumulating more than 30 minutes (60 minutes for youth) of activity a day has additional benefits, so does accumulating additional steps. You can visit the President's Challenge Web site [www.presidentschallenge.org](http://www.presidentschallenge.org) for more information. For a list of Science Board members, please see page 19.



## President's Challenge Pedometers

**The TrekLinq** is our more advanced pedometer that will keep track of the number of steps in a day, distance, speed, time elapsed during exercise, calories, time of day, as well as archiving and scanning features. It features the President's Challenge logo on the cover, a spare battery and a belt clip. This pedometer is great for older kids and adults.

**The StepLinq** is our basic pedometer that will keep track of the number of steps that you take in a day. It features the phrase Active Lifestyle on the outside, a recessed reset button and a spring belt clip. This pedometer is great for younger kids.

*Note:* Pedometer models and pricing are subject to change. Please check the President's Challenge Web site for the most up-to-date availability.

### President's Challenge Pedometers

(Actual Size: Each is approximately 2" x 1 1/2")



**The TrekLinq**  
Item Code #140  
\$9.95 (quantities limited)



**The StepLinq**  
Item Code #141  
\$7.95 (quantities limited)



# 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

I have met my daily activity goal for at least 5 days each week. Participant Signature \_\_\_\_\_

I have performed my physical activities for at least 6 weeks. Supervising Adult's Signature (if applicable) \_\_\_\_\_

Note: Submit this paper log to your teacher or group administrator, or keep for your own records. Please do not submit to the President's Challenge office. See inside back cover for award ordering information.