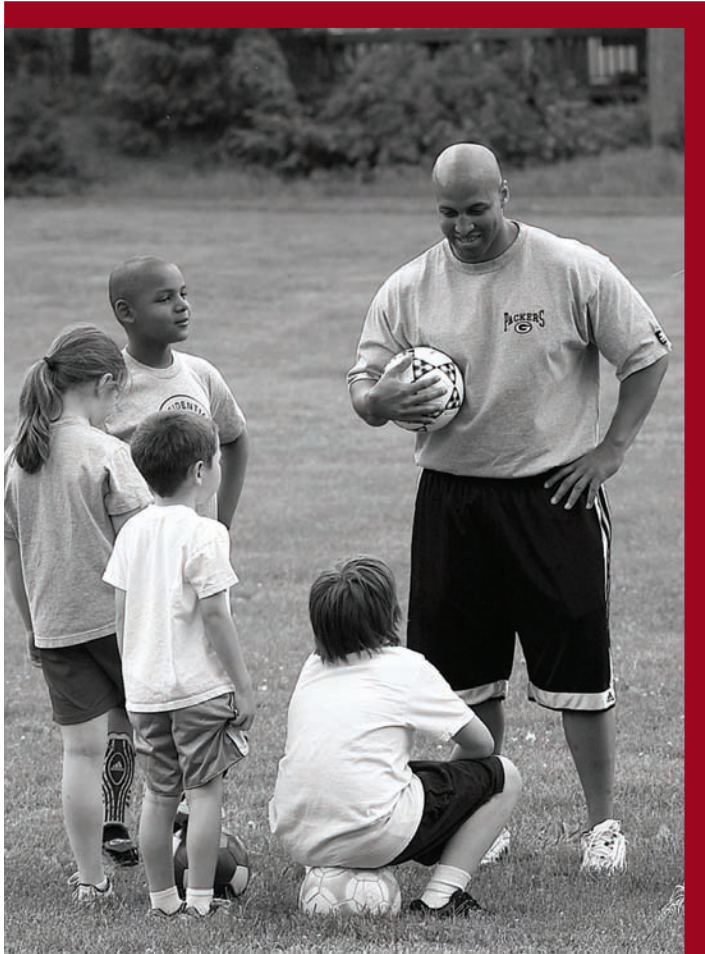


The Active Lifestyle Program



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 you enjoy and make you feel good. For example, it could be walking, taking an exercise class, playing a sport or doing chores 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. You can log your time as often as you want, in increments as short as 5 minutes. Visit www.presidentschallenge.org.

You can also keep track of your progress on paper with the enclosed activity log form. 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.

Whenever you reach your goal, the Active Lifestyle Program recognizes your accomplishment with special awards. Awards are available online, 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



Presidential Active Lifestyle Award Emblem
(Actual Size: About 3" square)



Presidential Active Lifestyle Award Lapel Pin
(Actual Size: About 3/4" diameter)
Item Code #150



Strip of Stickers
For Presidential Active Lifestyle Award Certificates.
Item Code #120



Bumper Sticker
(Actual Size: 3" x 12")
Item Code #130

Presidential Active Lifestyle Set

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



Measure Your Walk or Run Each Day

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 for more information. For a list of Science Board members, please see page 20.

Using a pedometer

If you like to 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

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.



The TrekLinq
Item Code #140



The StepLinq
Item Code #141

President's Challenge Pedometers

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



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

Participant Signature _____
 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.

Active Lifestyle Model School

This is a **free** recognition program for schools. It's based on the results of the Active Lifestyle Program and is open to all schools with at least 50 students enrolled. To be eligible for the award, your school must have at least 35% of your total enrollment earn the Presidential Active Lifestyle Award two or more times during the school year.

Become an Active Lifestyle Model School

Entry Form – 2006–2007 Active Lifestyle Model School Award

Complete the following information:

Name of School _____

Address _____

City/State/Zip _____

E-mail _____ Web site _____

Type of School (Check all that apply)

- Elementary Jr. High Public Home School
 Middle Sr. High Private

A. Total eligible enrollment (50 or greater):

This figure must be the total number of pupils (male and female) ages 6 through 17 years enrolled in the school on May 1, 2007 or the last official day of school, if earlier.

	Boys	Girls	Total
A.	<input type="text"/>	<input type="text"/>	<input type="text"/>
Enter figures here			

B. Total number of students earning the PALA two or more times during the school year.

	Boys	Girls	Total
B.	<input type="text"/>	<input type="text"/>	<input type="text"/>
Enter figures here			

C. Percentage: Divide eligible enrollment (A) into the total number eligible (B) and enter the percentage here.

C.	<input type="text"/>
Enter total % here	

$$B/A \times 100 = \%$$

D. Verify that this percentage is equal to or greater than 35%. Check here

Official certification must be completed in order to receive recognition

I certify that the students listed on this application properly qualified for the Presidential Active Lifestyle Award (PALA) the number of times indicated. These pupils either recorded their amount of physical activity per day or recorded their number of steps per day, five days per week, for a period of six weeks and they met the criteria for this award two or more times during the school year.

Physical Education Teacher Name _____

Physical Education Teacher Signature _____

Date _____

Phone _____ E-mail _____

I hereby certify that the enrollment figure and number of students qualifying for the Presidential Active Lifestyle Award (PALA) is correct.

Principal Name _____

Principal Signature _____

Date _____

Phone _____ E-mail _____



MODEL SCHOOL 06-07

The award

To thank you for your commitment to physical activity, Active Lifestyle Model Schools receive a school certificate of recognition as well as certificates of recognition and embroidered bars to be placed underneath the awards of all students who qualify. A list of Model Schools is kept on the President's Challenge Web site (www.presidentschallenge.org).

How to enter

We accept applications year round. However, in order to receive bars indicating the 2006–2007 school year, your application must be postmarked no later than July 1, 2007.

1. Complete your President's Challenge Active Lifestyle program for the school year.
2. Complete the enclosed application form for the Active Lifestyle Model School, including the Class Composite Record (on back) of students who qualify.
3. Once officially certified, return these forms to our office:

The President's Challenge

Attn: Model School Entries
 501 N. Morton, Suite 203
 Bloomington, IN 47404
 Fax: 812-855-8999

You can also apply online at www.presidentschallenge.org.





Active Lifestyle Model School Class Composite Record

Name of School _____

Address _____ City/State/Zip _____

Web site _____

Please list only those qualifying for the Presidential Active Lifestyle Award two or more times during the school year. Special note: You can now apply to become an Active Lifestyle Model School on our Web site: www.presidentschallenge.org/educators/school_recognition/model_schools.aspx. You can fill out the entry form and attach your data to enter. See our Web site for more details.

Student Name	Age	Grade	Sex	# of times PALA earned

Total number earning the PALA two or more times on this page _____

This form may be photocopied.