

# 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 outdoor options to achieve their goal. No matter your level of ability you can meet the Challenge. Maximize the fun by getting family and friends to train with you or participate in your other favorite activities. Below are a few other 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** - Start logging your time outdoors and other favorite physical activities daily. 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 at [www.presidentschallenge.org/nrpa](http://www.presidentschallenge.org/nrpa) where you'll be able to select activities, enter times, and follow your progress. 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. Be sure to include the NRPA Group ID (100613) and 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



National Recreation and Park Association



# The Presidential Active Lifestyle Award Activity Log

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

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

Please Check One:  - Adult (18 years or older)  - Youth (under 18 years of age)

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.presidentschallenge.org/nrpa](http://www.presidentschallenge.org/nrpa) to register and enter your activities online. You can use this worksheet to help track your progress. 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 \_\_\_\_\_