

What is the Presidential Active Lifestyle Award (PALA)?

The **Presidential Active Lifestyle Award** is an award you can earn by keeping track of any physical activity that you do. By earning this award you can learn the good habit of keeping active every day. Being physically active makes you healthy, gives you energy, and is just plain fun. Here's how to do it!

How to Earn this Award

(Follow these steps . . .)

There are two ways to keep track of physical activity for this award. One way is to accumulate a minimum of 60 minutes of physical activity. This activity can be done at one time for 60 minutes or the minutes of activity can be accumulated in shorter segments throughout the day. Another way to measure your activity is to use a pedometer. The pedometer measures the number of steps taken during the day. The number of pedometer steps that must be reached anytime throughout the day is 11,000 for girls and 13,000 for boys.

★

You may do many different types of activity, but you must gather 60 minutes of activity or enough pedometer steps at least 5 days per week.

★

Record your activity (or steps) every day for six weeks on the form provided. You can photocopy this form or you can download additional copies of this form from our website at **www.indiana.edu/preschal/palaform.pdf**

★

At the end of each week verify your log by signing your name.

★

When you have completed all six weeks, fill out and have supervising adult sign the verification on this page.

★

Congratulations! You have earned the **Presidential Active Lifestyle Award**.

Directions for Recording Physical Activities

Example

Week 1	Activities	# Minutes or Pedometer Steps
Monday	Rode Bicycle, Skate Board	70
Tuesday	Pedometer	13,050
Wednesday	Dance Lessons, Walk the Dog	75
Thursday	Pedometer	11,177
Friday	Roller Blading, Street Hockey	65
Saturday	Scooter Riding, Soccer	75
Sunday	Went to Park w/family, Karate Lessons	60
Participant Signature		Date

Other activities that count might include any teams that you play on, active games with your friends or any other activity that takes effort.

Pedometer Goal Setting Option for Earning the PALA Award (See description on page 8)

	Males	Females
1st Six Weeks	11,000 steps	9,000 steps
2nd Six Weeks	12,000 steps	10,000 steps
3rd Six Weeks	13,000 steps	11,000 steps
Continue at this level		

For more information about the **Presidential Active Lifestyle Award** visit our website at: **www.indiana.edu/~preschal** To download additional copies of this form go to www.indiana.edu/~preschal/palaform.pdf

Verification

I would like to submit my form for the **Presidential Active Lifestyle Award**. I have completed the following requirements to earn this award.

_____ I have performed at least 60 minutes of activity or the appropriate number of pedometer steps for at least five days each week.

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

I certify that I have accomplished the requirements necessary for the **Presidential Active Lifestyle Award**.

_____
Participant Signature

_____
Supervising Adult's Signature

Youth Active Lifestyle Log

Name _____ Grade _____

Instructor _____ Period _____

Week 1	Activities	# Minutes or Pedometer Steps
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Participant Signature Date

Week 2	Activities	# Minutes or Pedometer Steps
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Participant Signature Date

Week 3	Activities	# Minutes or Pedometer Steps
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Participant Signature Date

Week 4	Activities	# Minutes or Pedometer Steps
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Participant Signature Date

Week 5	Activities	# Minutes or Pedometer Steps
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Participant Signature Date

Week 6	Activities	# Minutes or Pedometer Steps
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Participant Signature Date

You can now keep track of your physical activities on our website using our online fitness locker. To open your locker go to www.indiana.edu/~preschal.