PALA+

activity+nutrition

www.presidentschallenge.org

Participant Name _____ Age _____ Date Started _____

Group ID (if applicable) _____ Date Completed _____

Week 1

Day	Physical Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		

Healthy Eating—Select a goal for this week.

Week 2

Day	Physical Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		

Healthy Eating—Circle and continue with last week's goal, and add a new goal.

Week 3

Day	Physical Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		

Healthy Eating—Circle and continue with previous goals, and add a new goal.

Week 4

Day	Physical Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		

Healthy Eating—Circle and continue with previous goals, and add a new goal.

Week 5

Day	Physical Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		

Healthy Eating—Circle and continue with previous goals, and add a new goal.

Week 6

Day	Physical Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		

Healthy Eating—Circle and continue with previous goals, and add a new goal.

Healthy Eating Goals

- I made half my plate fruits and vegetables
- At least half of the grains that I ate were whole grains
- I chose fat-free or low fat (1%) milk, yogurt, or cheese
- I drank water instead of sugary drinks
- I chose lean sources of protein
- I compared sodium in foods like soup and frozen meals and chose foods with less sodium
- I ate seafood
- I ate smaller portions

INSTRUCTIONS: **Online:** Create an online account at www.presidentschallenge.org. Participate as an individual or join a group (ID at the top of page if applicable). Once you achieve PALA, you're eligible to receive a certificate! **Paper:** Use this hard copy log to track your progress. Once completed, report your accomplishment and receive your certificate at www.presidentschallenge.org! Or, if part of a group, make sure to return it to your group administrator to get recognized.