

Participant Name\_

## **The Active Lifestyle Activity Log**

Date Started \_





Group ID			_ Age Date Completed			
	Day I hysical Activities	of Minutes or dometer Steps	Day	Physical Activities	# of Minutes or Pedometer Steps	
	Mon	dometer oteps	Mon		redometer Steps	
	Tue		Tue			
	Wed		Wed			
_	Thurs Fri					
	Sat		Fri Sat			
Week	Sun		Sun			
3	Healthy Eating—Select a goal for the week			Eating—Select a goal for the week		
	💅 🔲 🚳 🗑 🥜 C 🐠		300			
			Dortining	ant Signature	Date	
	Participant Signature Date		Participa	ant Signature	Date	
	,					
		Minutes or			# of Minutes or	
	,	neter Steps	Day	Physical Activities	Pedometer Steps	
-	Mon		Mon			
	Tue Wed		Tue			
က	Thurs					
Week	Fri		Fri			
e	Sat		Sat			
5	Sun	5				
	Healthy Eating—Select a goal for the week		Healthy	Eating—Select a goal for the week		
			200			
	Participant Signature Date		Participa	ant Signature	Date	
	# of P	Minutes or			# of Minutes or	
Week 5	Day Physical Activities Pedon	neter Steps	Day	Physical Activities	Pedometer Steps	
	Mon		Mon	•		
	Tue		Tue			
	Wed Thurs		Wed			
	Fri					
	Sat		Sat			
3	Sun		Sun			
	Healthy Eating—Select a goal for the week		Ser.			
			ANDER			
	Participant Signature Date		Participa	ant Signature	Date	
				•		
Key to Healthy Eating						
A STATE OF THE PARTY OF THE PAR	I made half my plate fruits and vegetables	Verification				
	At least half of the grains that I ate were whole grains	I certify that I met the requirements of the Presidential Active Lifestyle Award.				
	I chose fat-free or low fat (1%) milk, yogurt, or cheese	☐ I was physically active for at least 5 days each week & met my healthy eating goals.				
	I drank water instead of sugary drinks	☐ I have performed my healthy eating and physical activities for at least 6 weeks.				
55	I chose lean sources of protein	Participant Signature				
2	I compared sodium in foods like soup and frozen meals and chose foods with less sodium	Supervising Adult's Signature (if applicable)				
. 4	l ate seafood	<b>Note:</b> 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.				