


## How Do I RECORD My Physical Activities And Healthy Eating Focus?



The PALA challenge has created a **The Active Lifestyle Activity Log** so you can record your daily physical activities and your weekly healthy eating focus. This log can be accessed at [http://www.presidentschallenge.org/tools-resources/docs/PALApplus\\_log\\_onepage.pdf](http://www.presidentschallenge.org/tools-resources/docs/PALApplus_log_onepage.pdf).

The log with a more detailed explanation of healthy eating can be accessed at [http://www.presidentschallenge.org/tools-resources/docs/PALApplus\\_log\\_twopage.pdf](http://www.presidentschallenge.org/tools-resources/docs/PALApplus_log_twopage.pdf)

This is a **sample** of one week of the log to demonstrate how to complete it:

Day	Physical Activities	# of Minutes or Pedometer Steps
Mon	WALK WITH PEDOMETER, SKATEBOARD, STRETCH	50 MINUTES – 10,000 STEPS
Tue	BICYCLE, WEIGHT LIFTING, BALANCE EXERCISES, STRETCH	60 MINUTES
Wed	BASKETBALL, STRETCHING	62 MINUTES
Thurs	PE CLASS, STRETCHING, LUNGES-SITUPS-PUSHUPS	60 MINUTES
Fri	TRAMPOLINE, STRETCHING, RUNNING	65 MINUTES
Sat	DANCING	60 MINUTES
Sun	REST DAY	
<b>Healthy Eating</b> —Select a goal for the week 		
Participant Signature		Date

### Key to Healthy Eating

-  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

You can see that the **ONLY** difference in our log is that we have **ADDED** the option to record either **BALANCE EXERCISES**, or a physical activity that helps improve balance **each day** (skateboard, bicycle, basketball, PE, trampoline, dancing).