



The Active Lifestyle Activity Log

Participant Name _____ Date Started _____

Group ID _____ Age _____ 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			
Participant Signature		Date		

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			
Participant Signature		Date		

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			
Participant Signature		Date		

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			
Participant Signature		Date		

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			
Participant Signature		Date		

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			
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

Verification

I certify that I met the requirements of the Presidential Active Lifestyle Award.

- I was physically active for at least 5 days each week and I met my healthy eating goals.
- I have performed my healthy eating and physical activities for at least 6 weeks.

Participant Signature _____

Supervising Adult's Signature (if applicable) _____

Note: 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.