



## Presidential Active Lifestyle Award (PALA+)

PALA+ is a program of the President's Council on Fitness, Sports & Nutrition that promotes physical activity and good nutrition, because it takes both to lead a healthy lifestyle. Anyone age 6 and older who completes PALA+ can earn a free award in recognition of establishing healthy habits. Start a PALA+ program by using this log, or online with USDA's SuperTracker.

PALA+ is an 8-week program but can be completed in as few as 6 weeks.

- **Weeks 1-5:** In the first 5 weeks, log your food and physical activity to begin a routine and reach as many goals as you can.
- **Weeks 6-8:** Beginning in week 6, you must reach your weekly physical activity goal and at least 6 of the 9 weekly healthy eating goals, including at least 1 of the dietary limit goals, to complete the program. If you need more time to reach your goals, you can try again in weeks 7 or 8.

### Physical Activity Goal

Achieve the PALA+ physical activity goal by reaching the weekly minute goal. **Youth ages 6-17** need to be active for at least 300 minutes (5 hours) per week. **Adults 18 and older** need to be active for at least 150 minutes (2 hours and 30 minutes) per week.

### Healthy Eating Goals

With PALA+, you have the freedom to choose what healthy eating goals you want to work on, which allows you to tailor the program to meet your specific needs. See below for tips on how to achieve the PALA+ healthy eating goals.

### Tips for the PALA+ Healthy Eating Goals



**Focus on Whole Fruit:** Aim to choose whole fruits over fruit juice for extra fiber. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.



**Vary Your Veggies:** Select a variety of colorful vegetables to get the vitamins, minerals, and fiber your body needs to be healthy. This includes fresh, frozen, or canned varieties.



**Vary Your Protein Routine:** Meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Select leaner cuts of beef and pork and eat turkey and chicken without skin.



**Make More of Your Grains Whole:** Read the ingredients list and choose products that list a whole-grain ingredient first, such as "whole wheat", "brown rice", or "oatmeal".



**Move to Fat-Free or Low-Fat Dairy:** Dairy products, as well as soymilks, offer calcium, vitamin D, and many other nutrients your body needs.



**Drink Water Instead of Sugary Drinks:** Regular soda and other drinks such as fruit drinks and energy drinks can have added sugars. Instead, reach for a tall glass of water.

### Dietary Limit Goals



**Select Food with Less Sodium:** Read the Nutrition Facts label to compare sodium in packaged foods like soup, canned vegetables, and frozen meals; choose the foods with lower amounts.



**Limit Added Sugars:** Added sugars increase calories without contributing essential nutrients, and include syrups and other caloric sweeteners.



**Replace Saturated Fats with Unsaturated Fats:** Most saturated fats come from animal products. Choose lower-fat dairy and lean options for meat and poultry—like lean beef and grilled chicken breast without the skin.



Participant Name \_\_\_\_\_

Age \_\_\_\_\_

Date Started \_\_\_\_\_

Date Completed \_\_\_\_\_

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### Paper Log Instructions:

Circle each healthy eating goal you achieve. Enter your daily physical activity in minutes and add up the total at the end of the week. Circle the total if your goal is met. Once you achieve your goals in week 6, 7, or 8, you're eligible to receive the PALA+ award certificate at [www.fitness.gov](http://www.fitness.gov)!

### Healthy Eating Goals (key)

- Focus on Whole Fruits
- Make More of Your Grains Whole
- Select Foods with Less Sodium
- Drink Water Instead of Sugary Drinks
- Move to Fat-Free or Low-Fat Dairy
- Vary Your Veggies
- Vary Your Protein Routine
- Limit Added Sugars
- Replace Saturated Fats with Unsaturated Fats

| PARTICIPATION LOG |                      |                        |     |      |     |       |     |     |       |
|-------------------|----------------------|------------------------|-----|------|-----|-------|-----|-----|-------|
| WEEK              | HEALTHY EATING GOALS | PHYSICAL ACTIVITY GOAL |     |      |     |       |     |     |       |
| 1                 |                      | Sun                    | Mon | Tues | Wed | Thurs | Fri | Sat | Total |
|                   |                      |                        |     |      |     |       |     |     |       |
| 2                 |                      | Sun                    | Mon | Tues | Wed | Thurs | Fri | Sat | Total |
|                   |                      |                        |     |      |     |       |     |     |       |
| 3                 |                      | Sun                    | Mon | Tues | Wed | Thurs | Fri | Sat | Total |
|                   |                      |                        |     |      |     |       |     |     |       |
| 4                 |                      | Sun                    | Mon | Tues | Wed | Thurs | Fri | Sat | Total |
|                   |                      |                        |     |      |     |       |     |     |       |
| 5                 |                      | Sun                    | Mon | Tues | Wed | Thurs | Fri | Sat | Total |
|                   |                      |                        |     |      |     |       |     |     |       |
| 6                 |                      | Sun                    | Mon | Tues | Wed | Thurs | Fri | Sat | Total |
|                   |                      |                        |     |      |     |       |     |     |       |
| 7                 |                      | Sun                    | Mon | Tues | Wed | Thurs | Fri | Sat | Total |
|                   |                      |                        |     |      |     |       |     |     |       |
| 8                 |                      | Sun                    | Mon | Tues | Wed | Thurs | Fri | Sat | Total |
|                   |                      |                        |     |      |     |       |     |     |       |

### Online Instructions:

The PALA+ program can also be completed online using USDA's SuperTracker! Create an account at [www.supertracker.usda.gov](http://www.supertracker.usda.gov). You can earn your PALA+ award by logging your food and physical activity to reach your goals.