

# SCOUTStrong™ PALA Activity Log

Participant name \_\_\_\_\_ Age \_\_\_\_\_ Date started \_\_\_\_\_

Council name \_\_\_\_\_ Date started \_\_\_\_\_

## Verification

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

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

Participant signature \_\_\_\_\_

Supervising adult's signature (if applicable) \_\_\_\_\_

**Note:** Submit this paper log to your Scout leader, or keep for your own records. Please do not submit to the President's Challenge office.

WEEK 1	Day	Physical Activities	No. of minutes or pedometer steps
	Mon		
	Tue		
	Wed		
	Thu		
	Fri		
	Sat		
	Sun		
Healthy Eating—Select a goal this week			

WEEK 2	Day	Physical Activities	No. of minutes or pedometer steps
	Mon		
	Tue		
	Wed		
	Thu		
	Fri		
	Sat		
	Sun		
Healthy Eating—Circle and continue with last week's goal, and add a new goal.			

WEEK 3	Day	Physical Activities	No. of minutes or pedometer steps
	Mon		
	Tue		
	Wed		
	Thu		
	Fri		
	Sat		
	Sun		
Healthy Eating—Circle and continue with last week's goal, and add a new goal.			

WEEK 4	Day	Physical Activities	No. of minutes or pedometer steps
	Mon		
	Tue		
	Wed		
	Thu		
	Fri		
	Sat		
	Sun		
Healthy Eating—Circle and continue with last week's goal, and add a new goal.			

WEEK 5	Day	Physical Activities	No. of minutes or pedometer steps
	Mon		
	Tue		
	Wed		
	Thu		
	Fri		
	Sat		
	Sun		
Healthy Eating—Circle and continue with last week's goal, and add a new goal.			

WEEK 6	Day	Physical Activities	No. of minutes or pedometer steps
	Mon		
	Tue		
	Wed		
	Thu		
	Fri		
	Sat		
	Sun		
Healthy Eating—Circle and continue with last week's goal, and add a new goal.			

## Healthy Eating Goals

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

Instructions: **Online**—Create an online account at [www.scouting.org/SCOUTStrongPALA](http://www.scouting.org/SCOUTStrongPALA). Choose the council or BSA organization with which you want to be affiliated and complete the registration process. Once you achieve your PALA, you'll be eligible to receive your patch and certificate. **Paper**—Use this log to track your progress. Once completed, you should self-certify the results at the top of this log and submit to your Scout leader.