



# TAKE THE SCOUTSTRONG PALA CHALLENGE!

**The SCOUTStrong Presidential Active Lifestyle Award Challenge will help you add activity to your life, and reward you when you do!**

This challenge is for everyone associated with the Boy Scouts of America:

- Scouts
- BSA Volunteers
- Board Members
- Venturers
- Local Council Staff
- Friends of Scouting
- BSA Parents
- National Council Staff
- BSA Alumni

To earn the SCOUTStrong PALA Challenge Award, you are required to meet a daily activity goal of 30 minutes a day for adults and 60 minutes a day for kids under 18 for at least five days a week, for six out of eight weeks. Stick with the program and you'll earn an award in less than two months.

You can enroll and track your progress either online at:

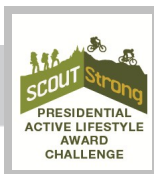
[www.scouting.org/SCOUTStrongPALA](http://www.scouting.org/SCOUTStrongPALA)

or on the paper Active Lifestyle Activity Log on the back of this brochure.



**What are you waiting for? It's time to  
Move It, Track It, and Earn It!**





## The Active Lifestyle Activity Log

Participant Name \_\_\_\_\_ Date Started \_\_\_\_\_

BSA Council Name \_\_\_\_\_ Age \_\_\_\_\_ Date Completed \_\_\_\_\_

Week 1	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 2	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 3	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 4	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 5	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 6	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

### Verification

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

- I have met my daily activity goal for at least 5 days each week.
- I have performed my physical activities for at least 6 weeks.

Participant Signature \_\_\_\_\_  
 Supervising Adult's Signature (if applicable) \_\_\_\_\_

### ScoutStrong PALA CHALLENGE PARTICIPANT NOTES:

- Participants should track their daily activity using this Active Lifestyle Activity Log.
- Upon completion of the program, participants should self-certify the results at the bottom of this Active Lifestyle Activity Log and submit it to their Scout leader.
- Participants should go to [www.scouting.org/ScoutStrongPALA](http://www.scouting.org/ScoutStrongPALA) for award ordering information.