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.



At least half of the grains that I consumed were whole grains.



I chose fat-free or low-fat (1 percent) milk, yogurt, or cheese.



I drank water instead of sugary drinks.



I chose lean sources of protein.



I compared sodium in foods such as soup and frozen meals and chose foods with less sodium.



I ate seafood this week.



I ate smaller portions.

Instructions: **Online**—Create an online account at 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.

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