

The Presidential Active Lifestyle Award

Be a Motivator!

You can participate, but it's even better to motivate! As a Group Administrator you're responsible for leading your team through their 6 week *Presidential Active Lifestyle Award* (PALA) challenge. Below are the two ways you can serve as a Group Administrator. Get more information or sign up and create your own group by visiting www.millionpalachallenge.org.



Online - It's the easiest way to keep track of your team. You can follow their progress and provide that extra boost for participants who need it. When they're done, recognize them for their accomplishment! Visit www.millionpalachallenge.org for more information.

- **Invite** - Send out email invitations through your online account. Follow-up to make sure they received it.
- **Track** - Follow their progress. Send out messages to motivate them to succeed.
- **Recognize** - Consider ordering special recognition awards to celebrate their efforts (see reverse).

Paper Log - If you or your participants have infrequent access to the internet, then a paper activity log may be ideal. Visit www.millionpalachallenge.org for more information.

- **Distribute** - Provide paper activity logs to each of your participants.
- **Track** - Encourage participants as they complete the challenge, and provide support as needed. When they are done, collect the forms and report completions at www.millionpalachallenge.org, so your group gets credit!
- **Recognize** - Coordinate distributing an electronic recognition certificate and consider special awards to celebrate their efforts (see reverse).



Earning the award is easy. Just keep them active 5 days a week and in less than 2 months you'll be celebrating their success.

Visit www.millionpalachallenge.org to report completions and receive access to a limited edition commemorative certificate recognizing participation in the **Million PALA Challenge**.



Move It. Log It. Earn It.

Join the Million PALA Challenge



SHOP PALA

Get Your Team Recognized with Presidential Active Lifestyle Awards

Keep your group motivated and get them recognized! For anyone who meets their daily physical activity goal 5 days per week for 6 weeks as part of the PALA, there are hardcopy Presidential certificates, patches, and other forms of recognition to celebrate their success. Want to start off on the right foot? Kick-off your challenge with t-shirts and water bottles for the team!

Presidential Active Lifestyle Award Set

Complete award set includes one of each: Certificate, Emblem, and Strip of Stickers for \$1.75.



Presidential Active Lifestyle Award Certificate
(Actual Size: 8" x 10")
\$.50



Presidential Active Lifestyle Award Emblem
Available only as part of the Presidential Active Lifestyle Award Set



Strip of Stickers
For Presidential Active Lifestyle Award Certificates
\$.30

Other Award Recognition



Presidential Active Lifestyle Award "Move It. Log It. Earn It." T-Shirt
Oxford grey with silk-screened logo on chest. Made of 90% preshrunk cotton and 10% polyester.
Adult: Small-XXL \$8.50 Youth: Medium-Large \$7.35



Presidential Active Lifestyle Award Lapel Pin
(Actual Size: About 3/4" diameter)
\$3.00



Trek Water Bottle
Stay hydrated with this 20 oz. BPA-free aluminum sports bottle. It features a carabiner clip, screw top, and the President's Challenge logo.
\$8.95

Order Online

Visit www.presidentschallenge.org to place orders 24 hours a day. Allow 18 calendar days for delivery of standard orders from the time you place the order.

Questions? You can contact us via email at preschal@indiana.edu or call 1-800-258-8146. The toll-free line is open 8am to 5pm Monday through Friday (Eastern Time).

Save Your Online Registration Information

Registered Name:

Group Name / Group Number:

Password: