

PALA CHALLENGE PLAY LIST

Move It. Log It. Earn It.

Take the PALA Challenge to be active for 60 minutes a day, five days a week, for six out of eight weeks. There is something for every interest and level! Maximize the fun by getting your Club members involved—finding activities you enjoy will make achieving your goal a snap. Use the log provided (reverse side) to track your progress and then share your accomplishments with Nick to receive digital rewards and a PALA certificate of accomplishment.

This sample play list will help you get started!

- Get outside and go for a hike.
- Go for a swim.
- Hit the gym.
- Play a game of flag football. Check out nflrush.com for more info about NFL Play 60.
- Learn a new sport like fencing or badminton.
- Take the dog for a walk.
- Play hide-and-go-seek or tag with your friends.
- Go for a canoeing trip.
- Try indoor rock climbing.
- Relax while working out with some yoga.



Visit presidentschallenge.org for more ideas.





PRESIDENTIAL ACTIVE LIFESTYLE AWARD PROGRAM LOG

Use this PALA log to track your progress every week. Register your accomplishments at nick.com/thebighelp in the Big Help Club-house to receive digital rewards and a PALA certificate of accomplishment.

Participant name: _____ Start Date: _____ Completion Date: _____

WEEK 1	ACTIVITY	TIME SPENT
MON	_____	_____
TUES	_____	_____
WED	_____	_____
THURS	_____	_____
FRI	_____	_____
SAT	_____	_____
SUN	_____	_____
Participant signature: _____	Date: _____	

WEEK 2	ACTIVITY	TIME SPENT
MON	_____	_____
TUES	_____	_____
WED	_____	_____
THURS	_____	_____
FRI	_____	_____
SAT	_____	_____
SUN	_____	_____
Participant signature: _____	Date: _____	

WEEK 3	ACTIVITY	TIME SPENT
MON	_____	_____
TUES	_____	_____
WED	_____	_____
THURS	_____	_____
FRI	_____	_____
SAT	_____	_____
SUN	_____	_____
Participant signature: _____	Date: _____	

WEEK 4	ACTIVITY	TIME SPENT
MON	_____	_____
TUES	_____	_____
WED	_____	_____
THURS	_____	_____
FRI	_____	_____
SAT	_____	_____
SUN	_____	_____
Participant signature: _____	Date: _____	

WEEK 5	ACTIVITY	TIME SPENT
MON	_____	_____
TUES	_____	_____
WED	_____	_____
THURS	_____	_____
FRI	_____	_____
SAT	_____	_____
SUN	_____	_____
Participant signature: _____	Date: _____	

WEEK 6	ACTIVITY	TIME SPENT
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 five days each week. Participant Signature _____
- I have engaged in physical activity for at least six out of the last eight weeks. Supervising Adult's Signature (if applicable) _____

Once you are finished, log your accomplishment in the Big Help Club with the PALA Challenge health and wellness action. You can also submit this paper log to Nickelodeon at **1515 Broadway, 44th Floor, New York, NY 10036** or at **PublicAffairs@nick.com**.