



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:

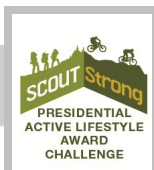
www.scouting.org/SCOUTStrongPALA

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 for award ordering information.