

Passport to



Fitness

PALA

Presidential Active Lifestyle Award

NOTE to PARENTS:

What to do AT HOME:

For four weeks, set a healthy activity goal and a healthy eating goal, each week! Don't forget to Begin with the End in Mind and make a plan for how you will reach each goal! Track your progress at the end each week and make a new goal.

Don't forget, participating in PALA is part of earning your

Mustang Pride!

Track your progress in this passport!

Starting the PALA will help your student:

- Commit to daily physical activity—and stick with it.
- Commit to making healthier food choices—one goal at a time.
- Set realistic goals to encourage fitness and healthy eating habits for a lifetime.
- Have fun! Yes, you need to be active every day, but you can choose all kinds of activities to meet this goal—playing with friends or siblings, gardening, walking, playing sports, running, yoga, and more—all while fueling your body with nutritious foods.

Write in a healthy eating goal.

Choose from the list on page 2.

I will _____ for the week of _____

The steps I will take to reach this goal are:

- 1.
- 2.
- 3.

Goal met? Check yes or no if you met the goal for the week!

YES

NO

Write in a physical fitness goal.

Choose from the list on page 2.

I will _____

for _____ minutes for at least 5 days out of the week.

The steps I will take to reach this goal are:

- 1.
- 2.
- 3.

Check off which days you were active!

Sun

Mon

Tues

Wed

Thurs

Fri

Sat

Write in a healthy eating goal.

Choose from the list on page 2.

I will _____

for the week of _____

The steps I will take to reach this goal are:

- 1.
- 2.
- 3.

Goal met? Check yes or no if you met the goal for the week!

YES NO

Write in a physical fitness goal.

Choose from the list on page 2.

I will _____ for
_____ minutes for at least 5 days out of the week.

The steps I will take to reach this goal are:

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Check off which days you were active!

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Active Goal Ideas:

Choose from these ideas:

Doing Chores: vacuuming, dusting, mowing the lawn, cleaning your room

Outside Activities: Jumping on the trampoline, riding your bike, walking your dog, hiking

Inside Activities: Playing ACTIVE video games (Wii Fit, Just Dance, Wii Sports), dancing, stretching

Snow Activities: shoveling snow, snowboarding, skiing, building a snowman

Or come up with your own!

Healthy Eating Goal Ideas:

Choose from these ideas:

- Make half your plate [fruits and vegetables](#).
- Make half the grains you eat [whole grains](#).
- [Limit sugar](#) and choose treats twice a week.
- [Drink water](#) instead of sugary drinks.
- Choose [lean sources of protein](#).
- [Compare sodium](#) in foods like soup and frozen meals and choose foods with less sodium.
- Eat some [seafood](#).
- Pay attention to [portion size](#).

