

Want more to add to your sports programming?

If so, you might look at the President's Challenge Sports Award! This fantastic program can be included as part of your crew's activities or it can be worked on as an individual project. If you are earning the Quest award this challenge award ties in well. Requirement 4 requires you to develop a personal physical fitness improvement program. For more information, please see the official President's Challenge website, www.presidentschallenge.org

THE PRESIDENT'S CHALLENGE

President's Council on Physical Fitness and Sports

The President's Challenge. A program that encourages all Americans to make being active a part of their everyday lives. There are two programs to help motivate you to improve regardless of your activity and fitness level.

The **Active Lifestyle** program shows you how to make a commitment to staying active and how to stick to it. The program helps you set realistic goals to encourage fitness for a lifetime. The rules are simple. You can choose from all kinds of activities. We'll also give you a personal activity log to guide you every step of the way.

The **Presidential Champions** program challenges you to see just how high you can raise your activity level. Choose from a variety of activities, enter your activity in a personal log to track your progress, and then qualify for the Bronze, Silver or Gold award.

FROM THE WEBSITE

	<p>Presidential Active Lifestyle Award</p> <p>For anyone who meets their daily activity goal 5 days a week, for 6 weeks, as part of the Active Lifestyle program. Receive five star stickers; each time you complete the program, you can apply one to your certificate</p>
	<p>Presidential Champions Bronze Award</p> <p>For anyone who earns 20,000 points in the Presidential Champions program.</p>
	<p>Presidential Champions Silver Award</p> <p>For anyone who earns 45,000 points in the Presidential Champions program.</p>
	<p>Presidential Champions Gold Award</p> <p>For anyone who earns 80,000 points in the Presidential Champions program.</p>