

The fun starts here. **Let's go!**

2003 - 2004



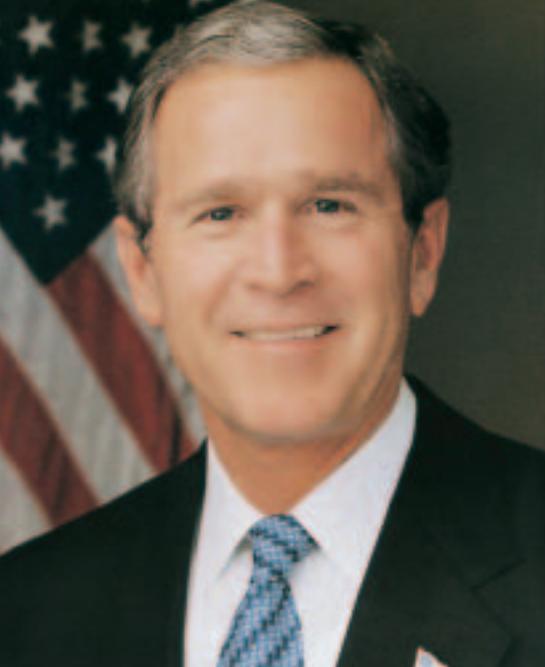
You're it.
Get fit!

The NEW President's Challenge Physical Activity & Fitness Awards Program



www.presidentschallenge.org

The President's Challenge is a program of the President's Council on Physical Fitness and Sports, U.S. Department of Health and Human Services. www.fitness.gov



A few words of welcome from
President Bush and the Council.

**and if you do nothing now, you should walk;
if you walk, you should run;
if you run, you should sprint.”**

Two handwritten signatures in black ink. The first signature is "George W. Bush" and the second is "The Council".



The President's Council.

Keeping America fit.

The President's Council on Physical Fitness and Sports (PCPFS) strives to make the health and fitness of all Americans a top national priority.

The President appoints 20 of America's most distinguished citizens to the Council. They hail from all walks of life: athletes, civic leaders, educators, business people, and health experts. Together they serve as a shining example, inspiring millions to live more active lives.

The PCPFS promotes the benefits of fitness everywhere it can by partnering with organizations across the country — including schools, boys and girls clubs, corporations, and more.

The Council's latest initiative is the new and improved President's Challenge for Americans age 6 and up. It's a series of programs designed to take fitness beyond the gym, and make it a lifestyle. Because everyone can benefit from staying active.

The new President's Challenge is a culmination of many years of hard work and research by many individuals. Special thanks go to Bloomington High School South and University Elementary School of Bloomington, Indiana, whose students are found throughout these pages.

This year's publication of the President's Challenge Program booklet is dedicated to the memory of Wynn F. Updyke, Ph.D. (1931-2003). Dr. Updyke served as Director of the President's Challenge from 1988-2003. During his tenure the President's Challenge program touched the lives of over 60 million youths. He was a friend, colleague and mentor to all who knew him. His compassion for youth fitness and his humble leadership style will be greatly missed by the President's Challenge and the entire physical activity and fitness community.



You're it. Get fit!

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THE CHALLENGE

The Challenge

It



nge. starts with You.



It only takes a small change. Instead of telling yourself you can't, tell yourself you can. The President's Challenge is a program that encourages all Americans to make being active part of their everyday lives. No matter what your activity and fitness level, the President's Challenge can help motivate you to improve.

Since its inception, the President's Challenge has helped motivate millions of Americans each year. We offer a wide range of programs designed to make staying active simple and fun.

Active Lifestyle program

This program gets adults active at least 30 minutes a day/5 days per week — or at least 60 minutes per day for youths under 18.

Presidential Champions program

If you're already active (more than 30 minutes a day/5 days per week for adults, or more than 60 minutes a day for youths under 18) this program is for you. Strive to reach the Bronze, Silver, and Gold Award Levels of the President's Challenge Program.

Why is staying active important?

Because your well-being depends on it. You'll feel better and look better, every day.

When you make staying active part of your daily life, you have more energy. You're more alert. You do better at school or work. And you're more sure of yourself.

Fitness is about improving muscular strength/endurance, cardiorespiratory endurance, and flexibility through regular physical activity. This

includes things like walking the dog or cleaning the garage.

Remember, it's never too late to be more active. The time to begin is right now. You'll start to notice the difference right away — for both your mind and your body.

Heart health

Regular physical activity can lower your blood pressure and cholesterol levels and can reduce the risk of illnesses such as obesity, Type II diabetes, stroke or heart disease.

Bone support

Exercise is a good way to build strong, healthy bones and can help slow the bone loss associated with aging.

Sense of well-being

Being in good shape can give you more energy, reduce anxiety and depression, improve self-esteem, and help you better manage stress.

Social life

Staying active can be a great way to have fun, make new friends, and spend quality time with family.

Physical appearance

Staying active helps you tone muscles and maintain a healthy weight — and can even improve your posture.





The Active Lifestyle program

The Active Lifestyle program is designed to help you make a commitment to staying active and sticking to it. It helps adults get active at least 30 minutes a day/5 days per week (or at least 60 minutes a day for youths under 18). All it takes is a few simple steps.

1. Choose an activity.

You can take the Challenge by yourself, or together with friends and family. Choose activities that you enjoy and make you feel good. For example, it could be walking, taking an exercise class, playing a sport, or doing chores around the house.

2. Get active.

You need to meet your daily activity goal (30 minutes a day for adults/60 minutes a day for youths under 18) at least 5 days per week, for a total of 6 weeks. You can take up to 8 weeks to complete the program.

3. Track your activity.

Our online activity log makes it easy for you to track the time you spend on activities. You can log your time as often as you want, in increments as short as 5 minutes. Visit www.presidentschallenge.org.

You can also keep track of your progress on paper with the enclosed activity log form. Keep in mind, this means we won't have an online record of the activity points you earn — which could apply to other programs in the President's Challenge.

4. Earn your award.

Whenever you reach a goal, the Active Lifestyle program recognizes your accomplishment with special awards. Awards are available online, by mail, fax, or phone. You can then continue earning awards in the Active Lifestyle program or move on to the next challenge: the Presidential Champions program.

**“Happiness lies in the
joy of achievement.”**

—President Franklin D. Roosevelt





Using a pedometer

If you like to run or walk, you can use a pedometer – a small device that automatically counts the number of steps you take. Then just record the number of steps in your activity log.

If you want to log minutes one day and pedometer steps the next, that's okay. As long as you meet your daily activity goal of minutes or steps.

Girls 6 to 17 – At least 11,000 steps a day

Boys 6 to 17 – At least 13,000 steps a day

Adults 18 or older – At least 10,000 steps a day

If you're just starting out, determine your average steps per day for one week. Then increase your steps by 500/day per week until you reach 10,000.

Active Lifestyle Log Example:

Week 1	Activities	# of Minutes or Pedometer Steps
Mon	Swimming, Cleaning House	40
Tues	Pedometer	10,500
Wed	Dance Lessons, Walk the Dog	75
Thurs	Pedometer	10,000
Fri	Softball	30
Sat	Bicycling	40
Sun	Hiking with Family	50
Participant Signature		Date



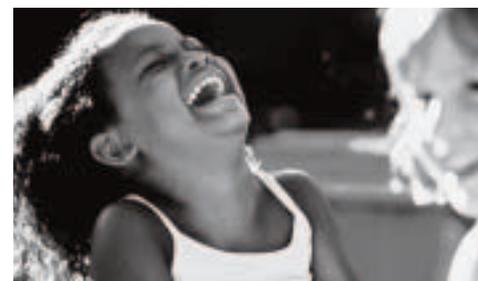
The StepLinq

The TrekLinq

We offer two different pedometers for both programs.

The TrekLinq is our more advanced pedometer that will keep track of the number of steps in a day, distance, speed, time elapsed during exercise, calories, time of day, as well as archiving and scanning features. It features the President's Challenge logo on the cover, a spare battery, and a belt clip. This pedometer is great for older kids and adults.

The StepLinq is our basic pedometer that will keep track of the number of steps that you take in a day. It features the phrase Active Lifestyle on the outside, a recessed reset button, and a spring belt clip. This pedometer is great for younger kids.



The Active Lifestyle Activity Log

Participant Name: _____ Date Started: _____
 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): _____

Active Lifestyle Model School

This is a free recognition program for your school. It's based on the results of the Active Lifestyle program and is open to all schools with at least 50 students enrolled. To be eligible for the award, your school must have at least 35% of your total enrollment earn the Presidential Active Lifestyle Award two or more times during the school year.

Entry Form — 2003-2004 Active Lifestyle Model School Award

Complete the following information:

Name of School _____

Address _____

City/State/Zip _____

Email _____

Website _____

Type of School Elementary Jr. High Public Home
(Check all that apply) Middle Sr. High Private School

A. Total Eligible Enrollment (50 or greater): This figure must be the total number of pupils (male and female) ages 6 through 17 years enrolled in the school on May 9, 2004 or the last official day of school, if earlier.

Boys	Girls	Total

Enter figures here

B. Total number of students earning the PALA two or more times during the school year.

Boys	Girls	Total

Enter figures here

C. Percentage: Divide eligible enrollment (A) into the total number eligible (B) and enter the percentage here.

$$B/A \times 100 = \%$$

D. Verify that this percentage is equal to or greater than 35%. Check here

--

Enter total % here

Official certification must be completed in order to receive recognition

I certify that the students listed on this application properly qualified for the Presidential Active Lifestyle Award (PALA) the number of times indicated. These pupils either recorded their amount of physical activity per day or recorded their number of steps per day, five days per week, for a period of six weeks and met the criteria for this award two or more times during the school year.

Physical Education Teacher Name _____

Physical Education Teacher Signature _____

Date _____

Physical Education Teacher Phone _____

Email _____

I hereby certify that the enrollment figure and number of students qualifying for the Presidential Active Lifestyle Award (PALA) is correct.

Principal Name _____

Principal Signature _____

Date _____

Principal Phone _____

Email _____

MODEL SCHOOL 03-04

The award

Active Lifestyle Model Schools receive a school certificate of recognition as well as certificates of recognition and embroidered bars to be placed underneath the award of all students who qualify. A list of Model Schools will also be kept on the President's Challenge Web site (www.presidentschallenge.org).

How to enter

We accept applications year round. However, in order to receive bars indicating the 2003-2004 school year, your application must be postmarked no later than July 1, 2004.

1. Complete your President's Challenge Active Lifestyle program for the school year.
2. Complete the enclosed application form for the Active Lifestyle Model School, including the Class Composite Record (on back) of students who qualify.
3. Once officially certified, return these forms to our office:

The President's Challenge

Attn: Model School Entries
501 N. Morton, Suite 104
Bloomington, IN 47404
Fax: (812) 855-8999

You can also apply online at www.presidentschallenge.org.





The Presidential Champions program

The Presidential Champions program is for adults who are active more than 30 minutes a day/ 5 days per week (or more than 60 minutes a day for youths under 18). There's even a special track for athletes and others who train at more advanced levels.

You can only join the Presidential Champions program online at www.presidentschallenge.org. Taking part in the program takes just a few simple steps:

1. Choose an activity.

Select activities that you enjoy and make you feel good. For example, you could go running, walk the dog, or participate in martial arts. You can take the Challenge by yourself, or together with friends and family.

2. Get active.

Your goal is to see how many points you can earn by being active. You'll earn points for every activity you log. Points are based on the amount of energy each activity burns. So the more active you are, the more points you'll get.

3. Track your activity.

Our online activity log makes it easy for you to track the time you spend on activities. You can log your

time as often as you want, in amounts as short as 5 minutes. Although you can't log time for activities you haven't done yet, you can go back up to 7 days to enter past activities.

4. Earn your award.

The Presidential Champions program recognizes your accomplishments with special awards. The first goal to aim for is a Bronze award. Then you can keep going for a Silver or Gold. Awards are available online, by mail, phone or fax.

You'll find all the program details — including how many points are needed for each award level — online at www.presidentschallenge.org. The only thing left to do is to log on and sign up.





FOR EDUCATORS
& COMMUNITY
LEADERS

Give students a C and they'



challenge, I'll rise to meet it.



We know how important educators and community leaders are in encouraging students to stay active. A little inspiration goes a long way. Lessons they learn at an early age can stay with them throughout their lives.

That's why the President's Challenge offers programs just for educators and community leaders. So you can bring out the best in your students. They are designed to work hand in hand with the Active Lifestyle and Presidential Champions programs.

We also recognize schools for their commitment and provide tools that allow you to manage our programs online – from registering students to ordering awards.

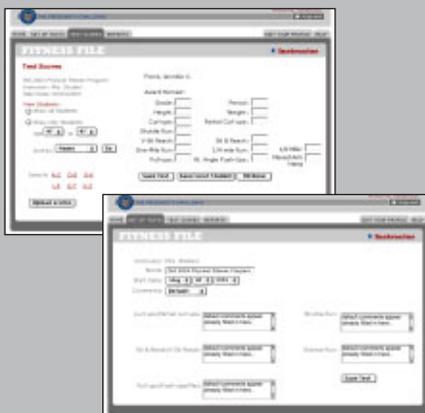
Physical Fitness program

Five easy-to-administer events that help assess the physical fitness of young people and recognize them for their achievements.

Health Fitness program

An alternative to the traditional Physical Fitness Program, the focus of this program is to recognize young people who achieve a healthy level of fitness.

Fitness File



Introducing Fitness File, a new online tool to help administer the President's Challenge.

A free way to track your students

The President's Challenge Web site offers a new online tool just for educators. It's called **Fitness File** and it's designed to make fitness testing a lot simpler. With Fitness File, you can:

- Track students' progress for the Physical Fitness or Health Fitness Awards
- Automatically calculate award levels for students
- Track students from year to year
- Print out test reports, standards charts and more
- Recommend ways students can improve
- Group students for faster data entry

There's no software to download. Just log on and you can access everything you need. Best of all, Fitness File is free. Visit www.presidentschallenge.org today to learn more or get started.



The Physical Fitness Program

This program helps assess the current fitness level of youths ages 6-17, and offers awards to encourage them to stay active. **Everybody is a winner in fitness!**

What it's all about

The Physical Fitness Program includes five events that measure muscular strength/endurance, cardiorespiratory endurance, speed, agility and flexibility. The program offers three different awards:



The Presidential Physical Fitness Award

This award recognizes youths who achieve an outstanding level of physical fitness. Boys and girls who score at or above the 85th percentile (based on the 1985 School Population Fitness Survey) on all five events are eligible for this award.



The National Physical Fitness Award

This award is for those who score at or above the 50th percentile on all five events – but fall below the 85th percentile in one or more of the events. This demonstrates a basic, yet challenging, level of physical fitness.



The Participant Physical Fitness Award

Those whose scores fall below the 50th percentile on one or more events receive this award for taking part in the Physical Fitness Test.

Testing guidelines

The PCPFS recommends fitness testing at least twice each year, in the fall and spring. It works best as part of a complete physical education program that supports testing with educational and motivational information.

Before conducting the President's Challenge, or any youth fitness test, you should review each individual's medical status to identify medical, orthopedic or other health problems that should be considered.

Before you begin, make sure everyone taking the test knows the correct techniques for each event, including proper pacing and running style. There is no limit to the number of tries an individual may have on each event.

The individual's age at the onset of testing should be used for comparison to the appropriate Award Standards.





1. Curl-ups (For testing only — not training)

Objective

To measure abdominal strength/endurance by maximum number of curl-ups performed in one minute.

Testing

Have student lie on cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. Partner holds feet. Arms are crossed with hands placed on opposite shoulders and elbows held close to chest. Keeping this arm position, student raises the



trunk curling up to touch elbows to thighs and then lowers the back to the floor so that the scapulas (shoulder blades) touch the floor, for one curl-up. To start, a timer calls out the signal “Ready? Go!” and begins timing student for one minute. The student stops on the word “stop.”

Scoring

“Bouncing” off the floor is not permitted. The curl-up should be counted only if performed correctly. See page 18 for qualifying standards.

OR 1a. Partial Curl-ups (For training and testing)

Objective

To measure abdominal strength/endurance by maximum number of curl-ups.

Testing

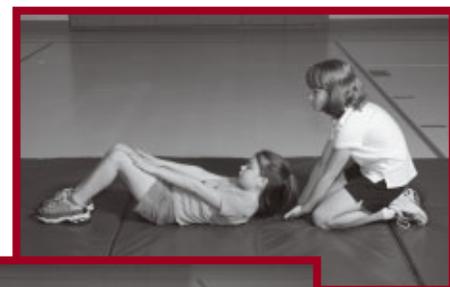
Have student lie on cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. The feet are not held or anchored. Arms are extended forward with fingers resting on the legs and pointing toward the knees. The student’s partner is behind the head with hands cupped under the student’s head. The student being tested curls up slowly sliding the fingers up the legs until the fingertips touch the knees, then back down until the head touches the partner’s hands. The curl-ups are done to a metronome (or audio tape, clapping, drums) with one complete curl-up every three seconds, and are continued until the student can do no more in rhythm (has not done the last three in rhythm) or has reached the target number established for the Presidential Physical Fitness Award.

Scoring

Record only those curl-ups done with proper form and in rhythm. See page 18 for qualifying standards.

Rationale

The partial (abdominal) curl-ups, done slowly with knees bent and feet not held, replace the timed curl-ups because they are a better indicator of the strength and endurance of the abdominal muscles.





The Physical Fitness Program

2. Shuttle Run

Objective

To measure speed and agility.

Testing

Mark two parallel lines 30 feet apart and place two blocks of wood or similar object (approximate size of 2'x2'x4') behind one of the lines. Students start behind opposite line. On the signal "Ready? Go!" the student runs to the blocks, picks one up, runs back to the starting line, places block behind the line, runs back and picks up the second block and runs back across starting line.



Scoring

Blocks should not be thrown across the lines. Scores are recorded to the nearest tenth of a second. See page 18 for qualifying standards.

3. Endurance Run/Walk

Objective

To measure heart/lung endurance by fastest time to cover a one-mile distance.

Testing

On a safe, one-mile distance, students begin running on the count "Ready? Go!" Walking may be interspersed with running. However, the students should be encouraged to cover the distance in as short a time as possible.



Scoring

Before administering this test, students' health status should be reviewed. Also, students should be given ample instruction on how to pace themselves and should be allowed to practice running this distance against time. Sufficient time should be allowed for warming up and cooling down before and after the test. Times are recorded in minutes and seconds.

Option for 6-7 years old . . . 1/4 mile

Option for 8-9 years old . . . 1/2 mile

Alternative distances for younger children are 1/4 mile for 6-7 years old, and 1/2 mile for 8-9 years old. The same objective and testing procedures are used as with the mile run. See page 18 for qualifying standards.

Rationale

Shorter distance runs are included as options for younger children. Younger children can be prepared to run the mile; however some teachers find it easier to administer a shorter run which does provide good information on cardiorespiratory endurance of young children.

Metric Track Conversion

Distance	400 meter track	440 yard track
1 mile	4 laps + 9 meters	4 laps
3/4 mile	3 laps + 6.75 meters	3 laps
1/2 mile	2 laps + 4.5 meters	2 laps
1/4 mile	1 lap + 2.25 meters	1 lap



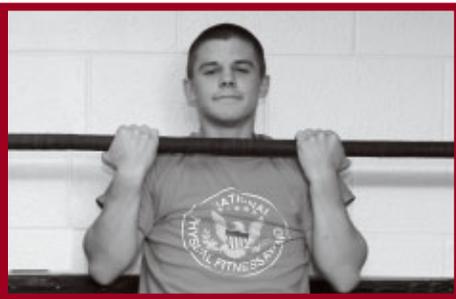
4. Pull-ups

Objective

To measure upper body strength/endurance by maximum number of pull-ups completed.

Testing

Student hangs from a horizontal bar with arms fully extended and feet free from floor, using either an overhand grasp (palms facing away from body) or underhand grip (palms facing toward body). Small students may be lifted to starting position. Student raises body until chin clears the bar and then lowers body to full-hang starting position. Student performs as many correct pull-ups as possible.



Scoring

Pull-ups should be done in a smooth rather than jerky motion. Kicking or bending the legs is not permitted and the body must not swing during the movement. See page 18 for qualifying standards.

OR 4a. Right Angle Push-ups

Objective

To measure upper body strength/endurance by maximum number of push-ups completed.

Testing

The student lies face down on the mat in push-up position with hands under shoulders, fingers straight, and legs straight, parallel, and slightly apart, with the toes supporting the feet. The student straightens the arms, keeping the back and knees straight, then lowers the body until there is a 90-degree angle at the

elbows, with the upper arms parallel to the floor.

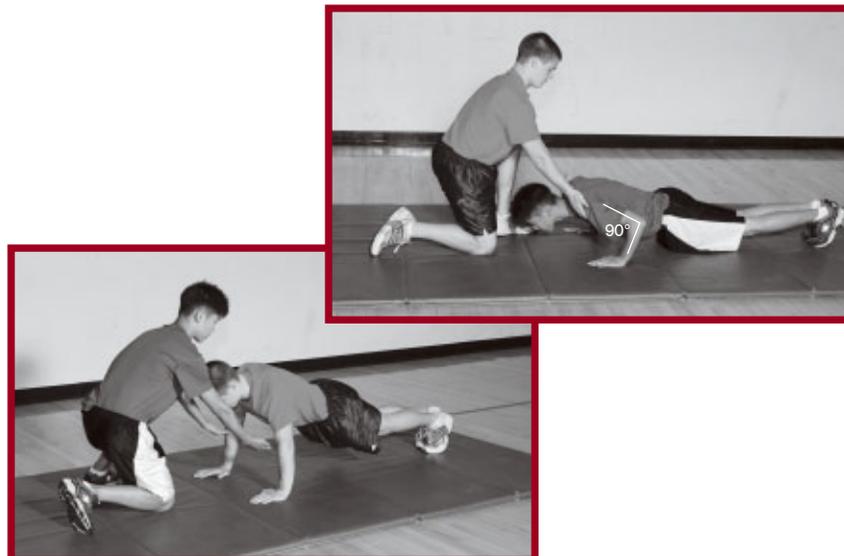
A partner holds her/his hand at the point of the 90-degree angle so that the student being tested goes down only until her/his shoulder touches the partner's hand, then back up. The push-ups are done to a metronome (or audio tape, clapping, drums) with one complete push-up every three seconds, and are continued until the student can do no more in rhythm (has not done the last three in rhythm) or has reached the target number established for the Presidential Physical Fitness Award.

Scoring

Record only those push-ups done with proper form and in rhythm. See page 18 for qualifying standards.

Rationale

The right angle push-ups are recommended for upper body strength/endurance testing because the student's body weight has less effect than it does on pull-ups. Right angle push-ups provide a better indicator of the range of strength/endurance found in children and youths, whereas many are unable to do any pull-ups. Pull-ups remain an option for those students at higher levels of strength/endurance.





FITNESS

The Physical Fitness Program

OR 4b. Flexed-Arm Hang

Alternative to pull-ups or right angle push-ups for National and Participant Physical Fitness Awards. Students who cannot do one pull-up may do the flexed-arm hang in order to qualify for the National or Participant Physical Fitness Awards. To qualify for the Presidential Award, students are required to do pull-ups or right angle push-ups.

Objective

To maintain flexed-arm hang position as long as possible.

Testing

Using either an overhand grasp (palms facing away from body) or underhand grip (palms facing toward body), student assumes flexed-arm hang position with chin clearing the bar. Students may be lifted to this position. Student holds this position as long as possible.

Scoring

Chest should be held close to bar with legs hanging straight. Timing is stopped when student's chin touches or falls below the bar. See page 18 for qualifying standards.

5. V-Sit Reach

Objective

To measure flexibility of lower back and hamstrings.



Testing

A straight line two feet long is marked on the floor as the baseline. A measuring line is drawn perpendicular to the midpoint of the baseline extending

two feet on each side and marked off in half-inches. The point where the baseline and measuring line intersect is the "0" point. Student removes shoes and sits on floor with measuring line between legs and soles of feet placed immediately behind baseline,

heels 8-12 inches apart. Student clasps thumbs so that hands are together, palms down and places them on measuring line. With the legs held flat by a partner, student slowly reaches forward as far as possible, keeping fingers on baseline and feet flexed. After three practice tries, the student holds the fourth reach for three seconds while that distance is recorded.

Scoring

Legs must remain straight with soles of feet held perpendicular to the floor (feet flexed). Students should be encouraged to reach slowly rather than "bounce" while stretching. Scores, recorded to the nearest half-inch, are read as plus scores for reaches beyond baseline, minus scores for reaches behind baseline. See page 18 for qualifying standards.

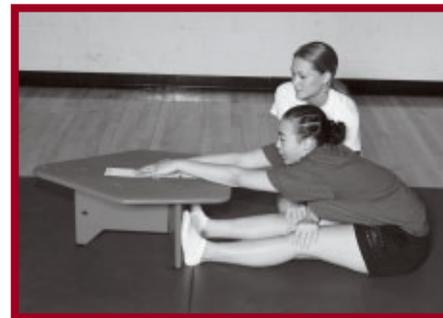
OR 5a. Sit and Reach

Objective

To measure flexibility of lower back and hamstrings.

Testing

A specially constructed box with a measuring scale marked in centimeters, with 23 centimeters at the level of the feet. (Details for construction are available on the Web site or by contacting the President's Challenge office.) Student removes shoes and sits on floor with knees fully extended, feet shoulder-width apart and soles of the feet held flat against the end of the box. With hands on top of each other, palms down, and legs held flat, student reaches along the measuring line as far as possible. After three practice reaches, the fourth reach is held while the distance is recorded.



Scoring

Legs must remain straight, soles of feet against box and fingertips of both hands should reach evenly along measuring line. Scores are recorded to the nearest centimeter. See page 18 for qualifying standards.

Qualifying Standards

The Presidential Physical Fitness Award

In order to qualify for this award, participants must achieve at least the 85th percentile in all 5 events represented below. These standards are based on the 1985 School Population Fitness Survey and validated in 1998, by means of comparison with a large nationwide sample collected in 1994.

	Age	Curl-Ups (# one minute)	Partial* Curl-Ups (#)	Shuttle Run (seconds)	V-Sit Reach (inches)	Sit and Reach (centimeters)	One-Mile Run (min:sec)	Distance Options**	Pull-Ups (#)	Rt. Angle Push-Ups (#)	
		OR	OR		OR	1/4 mile		1/2 mile		OR	
BOYS	6	33	22	12.1	+3.5	31	10:15	1:55	3:30 3:30	2	9
	7	36	24	11.5	+3.5	30	9:22	1:48		4	14
	8	40	30	11.1	+3.0	31	8:48			5	17
	9	41	37	10.9	+3.0	31	8:31			5	18
	10	45	35	10.3	+4.0	30	7:57			6	22
	11	47	43	10.0	+4.0	31	7:32			6	27
	12	50	64	9.8	+4.0	31	7:11			7	31
	13	53	59	9.5	+3.5	33	6:50			7	39
	14	56	62	9.1	+4.5	36	6:26			10	40
	15	57	75	9.0	+5.0	37	6:20			11	42
16	56	73	8.7	+6.0	38	6:08		11	44		
17	55	66	8.7	+7.0	41	6:06		13	53		
GIRLS	6	32	22	12.4	+5.5	32	11:20	2:00	3:58 3:53	2	9
	7	34	24	12.1	+5.0	32	10:36	1:55		2	14
	8	38	30	11.8	+4.5	33	10:02			2	17
	9	39	37	11.1	+5.5	33	9:30			2	18
	10	40	33	10.8	+6.0	33	9:19			3	20
	11	42	43	10.5	+6.5	34	9:02			3	19
	12	45	50	10.4	+7.0	36	8:23			2	20
	13	46	59	10.2	+7.0	38	8:13			2	21
	14	47	48	10.1	+8.0	40	7:59			2	20
	15	48	38	10.0	+8.0	43	8:08			2	20
16	45	49	10.1	+9.0	42	8:23		1	24		
17	44	58	10.0	+8.0	42	8:15		1	25		

The National Physical Fitness Award

In order to qualify for this award, participants must achieve at least the 50th percentile in all 5 events represented below. These standards are based on the 1985 School Population Fitness Survey and validated in 1998, by means of comparison with a large nationwide sample collected in 1994.

	Age	Curl-Ups (# one minute)	Partial* Curl-Ups (#)	Shuttle Run (seconds)	V-Sit Reach (inches)	Sit and Reach (centimeters)	One-Mile Run (min:sec)	Distance Options**	Pull-Ups (#)	Rt. Angle Push-Ups (#)	Flexed- Arm Hang (sec)
		OR	OR		OR	1/4 mile		1/2 mile		OR	OR
BOYS	6	22	10	13.3	+1.0	26	12:36	2:21	4:22 4:14	1	7
	7	28	13	12.8	+1.0	25	11:40	2:10		1	8
	8	31	17	12.2	+0.5	25	11:05			1	9
	9	32	20	11.9	+1.0	25	10:30			2	12
	10	35	24	11.5	+1.0	25	9:48			2	14
	11	37	26	11.1	+1.0	25	9:20			2	15
	12	40	32	10.6	+1.0	26	8:40			2	18
	13	42	39	10.2	+0.5	26	8:06			3	24
	14	45	40	9.9	+1.0	28	7:44			5	24
	15	45	45	9.7	+2.0	30	7:30			6	30
16	45	37	9.4	+3.0	30	7:10		7	30		
17	44	42	9.4	+3.0	34	7:04		8	37		
GIRLS	6	23	10	13.8	+2.5	27	13:12	2:26	4:56 4:50	1	6
	7	25	13	13.2	+2.0	27	12:56	2:21		1	8
	8	29	17	12.9	+2.0	28	12:30			1	9
	9	30	20	12.5	+2.0	28	11:52			1	12
	10	30	24	12.1	+3.0	28	11:22			1	13
	11	32	27	11.5	+3.0	29	11:17			1	11
	12	35	30	11.3	+3.5	30	11:05			1	10
	13	37	40	11.1	+3.5	31	10:23			1	11
	14	37	30	11.2	+4.5	33	10:06			1	10
	15	36	26	11.0	+5.0	36	9:58			1	15
16	35	26	10.9	+5.5	34	10:31		1	12		
17	34	40	11.0	+4.5	35	10:22		1	16		

*Norms from Canada Fitness Award Program, Health Canada, Government of Canada with permission. **Note: 1/4 and 1/2 mile norms from Amateur Athletic Union Physical Fitness Program with permission.

The Participant Physical Fitness Award

Those who attempt all five events, but have one or more scores fall below the 50th percentile (see chart above) are eligible for the Participant Award.

To see more specific percentiles for these test events, you can also download the President's Challenge Normative Data Spreadsheet at www.presidentschallenge.org.



Demonstration Centers & Disabilities Guidelines

A Demonstration Center school is one that clearly emphasizes physical activity and fitness in its physical education program. It can be any elementary or secondary school whose students:

- Are active at least 60 minutes a day, in or out of school
- Receive instruction on the importance of physical activity and fitness
- Learn to be active in safe and healthy ways
- Learn a variety of skills that can help them stay active for a lifetime

These schools are available for observation by teachers, administrators, and community members.

Why be a Demonstration Center?

Your school can serve as a model for people interested in developing physical education as well as providing service to your community.

How are Demonstration Centers recognized?

The President's Council awards a certificate and flag for each Demonstration Center at the time of certification. The Chair of the President's Council will also send a letter of congratulations to the school principal soon after the school is certified.

We also maintain a list of Demonstration Centers on the President's Challenge website and recommend others visit these schools. An annual report on the Demonstration Center project will be prepared and included in our annual report to the President.

How do schools qualify as Demonstration Centers?

If you feel your school is eligible to become a Demonstration Center, you can download an application form online at www.presidentschallenge.org. You'll find all the information you need to qualify and contact information for the State Coordinator in your area.

What is an Honor Roll school?

To give as many schools an opportunity to qualify as possible, a school may serve as a Demonstration Center for no more than three years. But that shouldn't mean an end to quality physical education.

Schools that have served as Demonstration Centers for three years and still meet Council and State criteria may be recommended for the PCPFS Honor Roll. The State Coordinator makes the recommendation for honor roll status. These schools will receive a special certificate signifying their tenure and be listed as honor roll schools on the President's Challenge Web site.

Accommodating Students with Disabilities

The President's Challenge encourages students to make staying active part of their everyday lives by recognizing their achievements in physical fitness. And that includes students with special needs.

With a little consideration and flexibility, any student can qualify for any of the President's Challenge programs. Making accommodations is consistent with the goal of motivating students for lifelong physical activity by recognizing their achievements.

Using their professional judgment, qualified instructors, may qualify students who do not reach PCPFS standards in a given program. We recommend the following guidelines:

1. Review the individual's records to identify medical, orthopedic, or other health problems which should be considered prior to participation in physical activities including physical fitness testing.
2. Determine whether the individual has a disability or other problem that adversely affects performance on one or more test items.
3. Consider whether the individual has been participating in an appropriate physical fitness program that develops and maintains cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
4. Administer the President's Challenge program, making modifications as needed or substituting alternate events or activities.
5. After completing the program, decide if the individual has performed at a level equivalent to a President's Challenge award.



If you have questions about these guidelines, you can call us toll-free at **800-258-8146**.

Physical Fitness State Champion

Entry Form — 2003-2004 State Champion Physical Fitness Award

Complete the following information:

Name of School _____

Address _____

City/State/Zip _____

Email _____

Web site _____

Type of School Elementary Jr. High Public Home School
(Check all that apply) Middle Sr. High Private

Deadline:

Entries must be postmarked by July 1, 2004. No entries will be processed after this deadline.

A. Total Eligible Enrollment*. This figure must be the total number of pupils (male and female) ages 6 through 17 years enrolled in the school on May 9, 2004 or the last official day of school, if earlier.

*This includes any 6 year olds in kindergarten.

B. Total Number Qualifying for Presidential Award: Number of pupils qualifying for the Presidential Physical Fitness Award during the 2003-2004 school year.

C. Percentage: Divide Total Eligible Enrollment figure (A) into Total Number Qualifying (B)

$$B/A \times 100 = \%$$

Category

Circle one

I II III
Boys Girls Total

--	--	--

Enter figures here

Boys Girls Total

--	--	--

Enter figures here

--	--	--

Enter total % here

Official certification must be completed to enter the competition

I certify that the pupils qualifying were tested in strict adherence to The President's Challenge test and did score at or above the 85th percentile on each of the test items. The boys' norms were used to qualify boys and the girls' norms were used to qualify girls. I have attached the class composite record indicating the scores of those pupils who ranked at or above the 85th percentile on each test.

Physical Education Teacher Name _____

Physical Education Teacher Signature _____

Date _____

Physical Education Teacher Phone _____

Email _____

I hereby certify that the enrollment figure and number of students qualifying for the Presidential Physical Fitness Award (PPFA) is correct.

Principal Name _____

Principal Signature _____

Date _____

Principal Phone _____

Email _____



Each year, we present three schools in each state with the State Champion Award. Each school must have the highest percentage of its students qualify for the Presidential Physical Fitness Award in its school enrollment category:

Category 1. Schools with 50-200 student enrollment

Category 2. Schools with 201-500 student enrollment

Category 3. Schools with over 500 student enrollment

The award

The winning school in each category receives a distinctive award certificate and recognition on the President's Challenge Web site. Students at each school who earn the Presidential Physical Fitness Award will receive an additional embroidered emblem rocker and a certificate of recognition. These awards are provided free of charge.

How to enter

To be considered for the 2003-2004 school year award, entries must be post-marked no later than July 1, 2004.

1. Complete your President's Challenge testing for the 2003-2004 school year.
2. Complete the enclosed entry form.
3. Return the entry form to:

The President's Challenge

Attn: State Champion Entries
501 N. Morton, Suite 104
Bloomington, IN 47404
Fax: 812-855-8999

You can also apply online at www.presidentschallenge.org.

Notification

All schools entering the State Champion program will be notified on October 1. We will also notify your state governor and congressmen.





The Health Fitness Program

This program recognizes students who achieve a healthy level of fitness. It also offers schools an alternative to the traditional Physical Fitness Program.

The Health Fitness Award

Youths can earn this award by meeting the qualifying standards in each of five events: partial curl-ups, one-mile run/walk, V-sit or sit and reach, right angle push-ups or pull-ups, and Body Mass Index.

Health Fitness Test Items:

For use when qualifying students for the Health Fitness Award. Use criterion referenced standards listed on this page.

1. Partial Curlups (page 14)
2. Endurance Run/Walk with distance option (page 15)
3. V-Sit Reach or Sit and Reach option (page 17)
4. Right Angle Push-ups or Pull-ups option (page 16)
5. Body Mass Index (BMI)

Objective: To estimate body composition

Testing: Determine total body weight (kilograms) and height (meters). Use Table to convert to BMI (page 23), or use formula:

$$\text{Wt (kg)} / \text{Ht (m)}^2$$

$$\text{Wt [2.2 lbs=1 kg]} \quad \text{Ht [1 inch=0.0254m]}$$

Example: A 16 year old boy weighing 154 pounds (70 kg), and 68 inches tall (1.727 meters) has a BMI of:

$$\frac{70 \text{ kg}}{(1.727\text{m})^2} = \frac{70}{2.98} = 23.5 \text{ kg/m}^2$$

Based on the BMI range for a 16 year old boy listed in the table below; a BMI index of 23.5 puts this boy in the desirable range. Use the BMI chart (next page) for quick calculation.

—or—

A BMI calculator can be found on the President's Challenge Web site at www.presidentschallenge.org/tools_to_help/bmi.aspx.

Rationale: Body composition is an important component of physical fitness. Body Mass Index is one method to estimate this fitness component.



	Age	Partial Curl-Ups (#)	One-Mile Run Curl-Ups (#)	Distance Option		V-Sit Reach (inches)	Sit and Reach (centimeters)	Rt. Angle Push-Ups (#)	Pull-Ups (#)	BMI (range)
				OR 1/4 mile (min:sec)	1/2 mile (min:sec)					
BOYS	6	12	13:00	2:30		1	21	3	1	13.3-19.5
	7	12	12:00	2:20		1	21	4	1	13.3-19.5
	8	15	11:00		4:45	1	21	5	1	13.4-20.5
	9	15	10:00		4:35	1	21	6	1	13.7-21.4
	10	20	9:30			1	21	7	1	14.0-22.5
	11	20	9:00			1	21	8	2	14.0-23.7
	12	20	9:00			1	21	9	2	14.8-24.1
	13	25	8:00			1	21	10	2	15.4-24.7
	14	25	8:00			1	21	12	3	16.1-25.4
	15	30	7:30			1	21	14	4	16.6-26.4
16	30	7:30			1	21	16	5	17.2-26.8	
17	30	7:30			1	21	18	6	17.7-27.5	
GIRLS	6	12	13:00	2:50		2	23	3	1	13.1-19.6
	7	12	12:00	2:40		2	23	4	1	13.1-19.6
	8	15	11:00		5:35	2	23	5	1	13.2-20.7
	9	15	10:00		5:25	2	23	6	1	13.5-21.4
	10	20	10:00			2	23	7	1	13.8-22.5
	11	20	10:00			2	23	7	1	14.1-23.2
	12	20	10:30			2	23	8	1	14.7-24.2
	13	25	10:30			3	25	7	1	15.5-25.3
	14	25	10:30			3	25	7	1	16.2-25.3
	15	30	10:00			3	25	7	1	16.6-26.5
16	30	10:00			3	25	7	1	16.8-26.5	
17	30	10:00			3	25	7	1	17.1-26.9	

Criterion standards listed above adapted from Amateur Athletic Union Physical Fitness Program; AAHPERD Physical Best; Cooper Institute for Aerobic Research, Fitnessgram; Corbin, C. & Lindsey, R., *Fitness for Life*, 4th edition; and YMCA Youth Fitness Test.

Body Mass Index

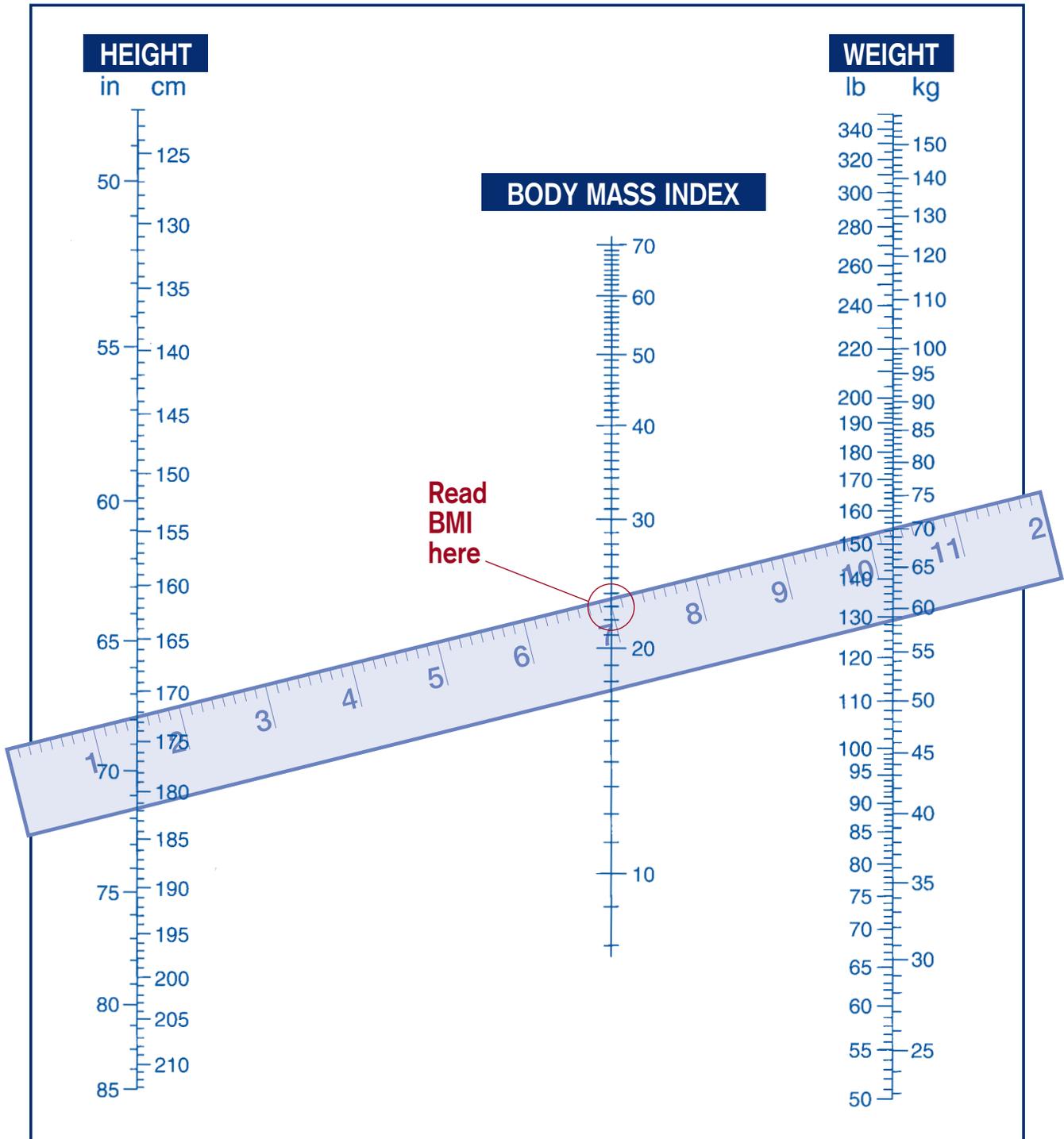
Body Mass Index (or BMI) is a way of estimating body composition using height and weight.

Calculate your BMI

Use our online BMI calculator at www.presidentschallenge.org or the chart below to determine if the individual's BMI falls within the recommended range. BMI results should only be used as a screening test. Children's growth patterns vary greatly and may produce BMI ratios that are misleading. Any BMI score falling outside of the recommended range requires further examination to decide if it poses a health risk.

Body Mass Index Chart

Directions: Use a ruler to connect the height column to the weight column and read the BMI number in the middle.



Example: Use same example as shown on page 22.

Modified with permission from David C. Nieman, Fitness and Sports Medicine; A Health-Related Approach, (3rd edition), Bull Publishing Co., Palo Alto, CA, 1995.

Earn AWARDS

The President's Challenge not only helps you stay active — it also gives you a little extra motivation while you're at it. That's because you can earn special Presidential awards recognizing your accomplishments.



Presidential Active Lifestyle Award (PALA)

For anyone who meets their daily activity goal 5 days per week for 6 weeks as part of the Active Lifestyle program. You'll also receive five eagles; each time you complete the program, you can apply one to your certificate.



Presidential Champions Bronze Award

For anyone who earns 20,000 points in the Presidential Champions program.



Presidential Champions Silver Award

For anyone who earns 45,000 points in the Presidential Champions program.



Presidential Champions Gold Award

For anyone who earns 80,000 points in the Presidential Champions program.



The Presidential Physical Fitness Award

For youths who reach at least the 85th percentile on all five events of the Physical Fitness Test.



The National Physical Fitness Award

For youths who reach at least the 50th percentile on all five events of the Physical Fitness Test.



The Participant Physical Fitness Award

For youths whose scores fall below the 50th percentile on one or more events of the Physical Fitness Test.



The Health Fitness Award

For youths who meet the qualifying standards on all five events of the Health Fitness Test.



AWARDS what you've

Awards Available



Presidential Active Lifestyle Award Emblem
(Actual Size: About 3" square)



Presidential Physical Fitness Award Emblem + Magnet
(Actual Size: About 3" diameter)



National Physical Fitness Award Emblem + Magnet
(Actual Size: About 3" diameter)



Participant Physical Fitness Award Emblem + Magnet
(Actual Size: About 2 1/2" diameter)



Health Fitness Award Emblem
(Actual Size: About 3" diameter)



Presidential Active Lifestyle Certificate
(Actual Size: 8" x 10")



Presidential Physical Fitness Certificate
(Actual Size: 8" x 10")



National Physical Fitness Certificate
(Actual Size: 8" x 10")



Participant Physical Fitness Certificate
(Actual Size: 8" x 10")



Health Fitness Certificate
(Actual Size: 8" x 10")



Bumper Stickers (Actual Size: 3" x 12")



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



Strip of Stickers for Presidential Active Lifestyle Award Certificates



Instructor's Emblem
(Actual Size: About 3 3/4" diameter)



Slide Chart (Actual Size: 4" x 9")

- Presidential Active Lifestyle Award—Emblem and certificate with stickers (set of five in each strip).
- Refrigerator Magnet for Presidential, National and Participant Award Winners (no numeral only).
- Presidential Physical Fitness Award—Emblem (1-12 or no number) and Certificate.
- National Physical Fitness Award—Emblem (no number only) and Certificate.
- Participant Physical Fitness Award—Emblem (no number only) and Certificate.
- Health Fitness Award—Emblem (no number only) and Certificate.
- Bumper Stickers for a proud parent of PALA, Presidential and National Award Winners.
- Physical Fitness Slide Chart for determining awards criteria for boys and girls of each age.
- The President's Challenge Instructor's Emblem: For those who administer any program of The President's Challenge Program.
- The *Get Fit!* Handbook for youths ages 6-17
- The Awards Wall Chart for the physical fitness and health fitness programs.
- President's Challenge Award T-Shirts (see page 27).
- The President's Challenge Pedometers for use with the Presidential Active Lifestyle Awards.

AWARDS accomplished.

Awards Available



Presidential Champions Certificates
(Gold, Silver, Bronze)
(Actual Size: 8" x 10")



Presidential Champions Medallions
(Gold, Silver, Bronze)
(Actual Size: About 2 1/2" diameter)



The StepLinQ

The TrekLinQ

We now offer two different pedometers for both programs.

The TrekLinQ

The TrekLinQ is our more advanced pedometer that will keep track of the number of steps in a day, distance, speed, time elapsed during exercise, calories, time of day, as well as archiving and scanning features. It features the President's Challenge logo on the cover, a spare battery, and a belt clip. This pedometer is great for older kids and adults.

The StepLinQ

The StepLinQ is our basic pedometer that will keep track of the number of steps that you take in a day. It features the phrase Active Lifestyle on the outside, a recessed reset button, and a spring belt clip. This pedometer is great for the younger kids.

President's Challenge Pedometers
(Actual Size: Each is approximately 2" x 1 1/2")

PCPFS Guide: The Adult Get Fit! Booklet

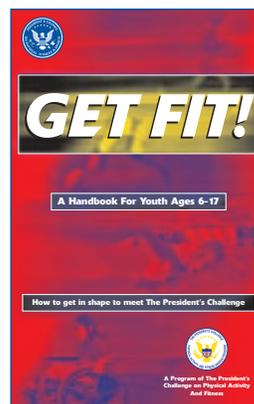
Available soon! The *Get Fit!* handbook for adults. A great reference for enhancing your health and physical activity level.



Presidential Champions Ribbons
(Silver, Gold, Bronze)



2003-2004 Poster
(Actual Size: 17" x 22")



Get Fit! Handbook
(Actual Size: 5 1/2" x 8 1/2")



Presidential Champions Lapel Pins
(Gold, Silver, Bronze)
(Actual Size: About 7/8" diameter)

Presidential Champions Set

Complete award set includes one of each:
Medallion, Lapel Pin, Ribbon and Certificate
(Silver, Gold, Bronze)

The President's Challenge AWARDS CHART

The Presidential Physical Fitness Award

Grade	Sex	100		90		80		70		60		50		40		30		20		10	
		Steps	Time																		
1	M	1000	1:00	900	1:05	800	1:10	700	1:15	600	1:20	500	1:25	400	1:30	300	1:35	200	1:40	100	1:45
1	F	900	1:05	800	1:10	700	1:15	600	1:20	500	1:25	400	1:30	300	1:35	200	1:40	100	1:45	50	1:50
2	M	1200	1:00	1100	1:05	1000	1:10	900	1:15	800	1:20	700	1:25	600	1:30	500	1:35	400	1:40	300	1:45
2	F	1100	1:05	1000	1:10	900	1:15	800	1:20	700	1:25	600	1:30	500	1:35	400	1:40	300	1:45	200	1:50
3	M	1400	1:00	1300	1:05	1200	1:10	1100	1:15	1000	1:20	900	1:25	800	1:30	700	1:35	600	1:40	500	1:45
3	F	1300	1:05	1200	1:10	1100	1:15	1000	1:20	900	1:25	800	1:30	700	1:35	600	1:40	500	1:45	400	1:50
4	M	1600	1:00	1500	1:05	1400	1:10	1300	1:15	1200	1:20	1100	1:25	1000	1:30	900	1:35	800	1:40	700	1:45
4	F	1500	1:05	1400	1:10	1300	1:15	1200	1:20	1100	1:25	1000	1:30	900	1:35	800	1:40	700	1:45	600	1:50
5	M	1800	1:00	1700	1:05	1600	1:10	1500	1:15	1400	1:20	1300	1:25	1200	1:30	1100	1:35	1000	1:40	900	1:45
5	F	1700	1:05	1600	1:10	1500	1:15	1400	1:20	1300	1:25	1200	1:30	1100	1:35	1000	1:40	900	1:45	800	1:50
6	M	2000	1:00	1900	1:05	1800	1:10	1700	1:15	1600	1:20	1500	1:25	1400	1:30	1300	1:35	1200	1:40	1100	1:45
6	F	1900	1:05	1800	1:10	1700	1:15	1600	1:20	1500	1:25	1400	1:30	1300	1:35	1200	1:40	1100	1:45	1000	1:50
7	M	2200	1:00	2100	1:05	2000	1:10	1900	1:15	1800	1:20	1700	1:25	1600	1:30	1500	1:35	1400	1:40	1300	1:45
7	F	2100	1:05	2000	1:10	1900	1:15	1800	1:20	1700	1:25	1600	1:30	1500	1:35	1400	1:40	1300	1:45	1200	1:50
8	M	2400	1:00	2300	1:05	2200	1:10	2100	1:15	2000	1:20	1900	1:25	1800	1:30	1700	1:35	1600	1:40	1500	1:45
8	F	2300	1:05	2200	1:10	2100	1:15	2000	1:20	1900	1:25	1800	1:30	1700	1:35	1600	1:40	1500	1:45	1400	1:50
9	M	2600	1:00	2500	1:05	2400	1:10	2300	1:15	2200	1:20	2100	1:25	2000	1:30	1900	1:35	1800	1:40	1700	1:45
9	F	2500	1:05	2400	1:10	2300	1:15	2200	1:20	2100	1:25	2000	1:30	1900	1:35	1800	1:40	1700	1:45	1600	1:50
10	M	2800	1:00	2700	1:05	2600	1:10	2500	1:15	2400	1:20	2300	1:25	2200	1:30	2100	1:35	2000	1:40	1900	1:45
10	F	2700	1:05	2600	1:10	2500	1:15	2400	1:20	2300	1:25	2200	1:30	2100	1:35	2000	1:40	1900	1:45	1800	1:50

The National Physical Fitness Award

Grade	Sex	100		90		80		70		60		50		40		30		20		10	
		Steps	Time																		
1	M	1000	1:00	900	1:05	800	1:10	700	1:15	600	1:20	500	1:25	400	1:30	300	1:35	200	1:40	100	1:45
1	F	900	1:05	800	1:10	700	1:15	600	1:20	500	1:25	400	1:30	300	1:35	200	1:40	100	1:45	50	1:50
2	M	1200	1:00	1100	1:05	1000	1:10	900	1:15	800	1:20	700	1:25	600	1:30	500	1:35	400	1:40	300	1:45
2	F	1100	1:05	1000	1:10	900	1:15	800	1:20	700	1:25	600	1:30	500	1:35	400	1:40	300	1:45	200	1:50
3	M	1400	1:00	1300	1:05	1200	1:10	1100	1:15	1000	1:20	900	1:25	800	1:30	700	1:35	600	1:40	500	1:45
3	F	1300	1:05	1200	1:10	1100	1:15	1000	1:20	900	1:25	800	1:30	700	1:35	600	1:40	500	1:45	400	1:50
4	M	1600	1:00	1500	1:05	1400	1:10	1300	1:15	1200	1:20	1100	1:25	1000	1:30	900	1:35	800	1:40	700	1:45
4	F	1500	1:05	1400	1:10	1300	1:15	1200	1:20	1100	1:25	1000	1:30	900	1:35	800	1:40	700	1:45	600	1:50
5	M	1800	1:00	1700	1:05	1600	1:10	1500	1:15	1400	1:20	1300	1:25	1200	1:30	1100	1:35	1000	1:40	900	1:45
5	F	1700	1:05	1600	1:10	1500	1:15	1400	1:20	1300	1:25	1200	1:30	1100	1:35	1000	1:40	900	1:45	800	1:50
6	M	2000	1:00	1900	1:05	1800	1:10	1700	1:15	1600	1:20	1500	1:25	1400	1:30	1300	1:35	1200	1:40	1100	1:45
6	F	1900	1:05	1800	1:10	1700	1:15	1600	1:20	1500	1:25	1400	1:30	1300	1:35	1200	1:40	1100	1:45	1000	1:50
7	M	2200	1:00	2100	1:05	2000	1:10	1900	1:15	1800	1:20	1700	1:25	1600	1:30	1500	1:35	1400	1:40	1300	1:45
7	F	2100	1:05	2000	1:10	1900	1:15	1800	1:20	1700	1:25	1600	1:30	1500	1:35	1400	1:40	1300	1:45	1200	1:50
8	M	2400	1:00	2300	1:05	2200	1:10	2100	1:15	2000	1:20	1900	1:25	1800	1:30	1700	1:35	1600	1:40	1500	1:45
8	F	2300	1:05	2200	1:10	2100	1:15	2000	1:20	1900	1:25	1800	1:30	1700	1:35	1600	1:40	1500	1:45	1400	1:50
9	M	2600	1:00	2500	1:05	2400	1:10	2300	1:15	2200	1:20	2100	1:25	2000	1:30	1900	1:35	1800	1:40	1700	1:45
9	F	2500	1:05	2400	1:10	2300	1:15	2200	1:20	2100	1:25	2000	1:30	1900	1:35	1800	1:40	1700	1:45	1600	1:50
10	M	2800	1:00	2700	1:05	2600	1:10	2500	1:15	2400	1:20	2300	1:25	2200	1:30	2100	1:35	2000	1:40	1900	1:45
10	F	2700	1:05	2600	1:10	2500	1:15	2400	1:20	2300	1:25	2200	1:30	2100	1:35	2000	1:40	1900	1:45	1800	1:50

The Health Fitness Award

Grade	Sex	100		90		80		70		60		50		40		30		20		10	
		Steps	Time																		
1	M	1000	1:00	900	1:05	800	1:10	700	1:15	600	1:20	500	1:25	400	1:30	300	1:35	200	1:40	100	1:45
1	F	900	1:05	800	1:10	700	1:15	600	1:20	500	1:25	400	1:30	300	1:35	200	1:40	100	1:45	50	1:50
2	M	1200	1:00	1100	1:05	1000	1:10	900	1:15	800	1:20	700	1:25	600	1:30	500	1:35	400	1:40	300	1:45
2	F	1100	1:05	1000	1:10	900	1:15	800	1:20	700	1:25	600	1:30	500	1:35	400	1:40	300	1:45	200	1:50
3	M	1400	1:00	1300	1:05	1200	1:10	1100	1:15	1000	1:20	900	1:25	800	1:30	700	1:35	600	1:40	500	

For when you've met the

T-shirts Available



PRESIDENTIAL ACTIVE LIFESTYLE AWARD T-SHIRT
Oxford grey with silk-screened logo on chest.

Youth: Medium-Large or
Adult: Small-XX-Large



HEALTH FITNESS AWARD T-SHIRT
Navy blue with silk-screened logo on chest.

Youth: Medium-Large
Adult: Small-XX-Large



PRESIDENTIAL PHYSICAL FITNESS AWARD T-SHIRT
Royal blue with silk-screened logo on chest.

Youth: Medium-Large
Adult: Small-XX-Large



NATIONAL PHYSICAL FITNESS AWARD T-SHIRT
Red with silk-screened logo on chest.

Youth: Medium-Large
Adult: Small-XX-Large



PARTICIPANT PHYSICAL FITNESS AWARD T-SHIRT
White with silk-screened logo on chest.

Youth: Medium-Large
Adult: Small-XX-Large

Challenge.



PRESIDENTIAL CHAMPIONS T-SHIRTS
 White or grey with a silk-screened logo on chest (Gold, Silver, Bronze)
 Youth: Medium–Large or Adult: Small–XX–Large



PRESIDENT'S CHALLENGE INSTRUCTOR T-SHIRT
 White with silk-screened message front and back.
 Short or long sleeve.
 Youth: Medium–Large
 Adult: Small–XX–Large

“Physical fitness is not only important to a healthy body, it is the basis of dynamic & creative intellectual activity.”

— President Thomas Jefferson

NOTE: All t-shirts are 100% preshrunk cotton.
 President's Challenge shirts are all 5.6 oz.
 Presidential Champions shirts are: Bronze 5.6 oz.; Silver and Gold 6.1 oz.

Size Chart	S	M	L	XL	XXL
Mens	34-36	38-40	42-44	46-48	50
Womens (Bust)	34-36	38-40	42-44	N/A	N/A
Womens (Blouse)	10-12	14-16	18-20	N/A	N/A
Youth	N/A	10-12	14-16	N/A	N/A

The President's Challenge Order Form

Ship to:

Name (Required) _____
 School/Organization _____

 Address _____
 (Sorry, no P.O. boxes)
 City _____
 State _____ ZIP Code _____
 Email _____
 Phone Number (____) _____
 Check if you would like to be added to our e-mail list.

Billing Address (if different than above):

Name (Required) _____
 School/Organization _____

 Address _____
 (Sorry, no P.O. boxes)
 City _____
 State _____ ZIP Code _____
 Phone Number (____) _____
 Check/Money Order
 # _____
 Bill us (institutional purchase orders only)
 Card # _____
 Exp. Date: _____ / _____
 P.O. # _____
 Signature: _____

Please fill out the section below

(To help us expedite your order please fill out completely.)

- School: Elementary Middle Jr High Sr High
 Homeschool Not a school (skip to Question 5)
- How is your school or agency classified: Public Private
- What is your school's approximate enrollment? _____
- Does your School District require you to use the President's Challenge program? Yes No
- How many youths participated? Males _____ Females _____
- How many qualified for each award?
 PALA Presidential National Participant HFA
 Male _____
 Female _____
- How many students with disabilities participated? _____
 How many students with disabilities qualified for each award?
 PALA Presidential National Participant HFA
- How did you learn about the program? (Please check ONE)
 (a) Direct Mail (b) Contact by Phone
 (c) Media: TV Newspaper Magazine
 (d) National Convention (e) Fellow teacher/administrator
 (f) Professional Association (g) World Wide Web
 (h) Other _____
- Are you a previous user? Yes No
 If yes, how many years? _____

This form may be photocopied.

Mail this completed form to:

**The President's Challenge, 501 N. Morton, Suite 104,
 Bloomington, IN 47404 or fax to 1-812-855-8999**

Please contact our office for return and exchange authorizations.

1-800-258-8146

Awards	Code	Quantity	Unit Price	Amount
PALA Set (emblem, certificate, stickers)	100		1.75	
PALA Certificate	110		.50	
PALA Stickers	120		.30	
PALA Bumper Sticker	130		.25	
PALA Lapel Pin	150		3.00	
TrekLinq Pedometer	140		15.00	
StepLinq Pedometer	141		12.00	
Presidential Champions Medallion	Please check Color (Code)			
	<input type="checkbox"/> Bronze (202) <input type="checkbox"/> Silver (201) <input type="checkbox"/> Gold (200)			
	202		Bronze 5.00	
	201		Silver 5.50	
	200		Gold 6.00	
Presidential Champions Lapel Pin	Please check Color (Code)			
	<input type="checkbox"/> Bronze (212) <input type="checkbox"/> Silver (211) <input type="checkbox"/> Gold (210)			
	212		Bronze 2.50	
	211		Silver 2.75	
	210		Gold 3.00	
Presidential Champions Ribbon	Please check Color (Code)			
	<input type="checkbox"/> Bronze (222) <input type="checkbox"/> Silver (221) <input type="checkbox"/> Gold (220)			
	222		Bronze 0.80	
	221		Silver 0.90	
	220		Gold 1.00	
Presidential Champions Certificate	Please check Color (Code)			
	<input type="checkbox"/> Bronze (232) <input type="checkbox"/> Silver (231) <input type="checkbox"/> Gold (230)			
	232		Bronze 0.50	
	231		Silver 0.65	
	230		Gold 0.75	
Presidential Champions Set	Please check Color (Code)			
	<input type="checkbox"/> Bronze (242) <input type="checkbox"/> Silver (241) <input type="checkbox"/> Gold (240)			
	242		Bronze 8.00	
	241		Silver 8.50	
	240		Gold 9.00	
	001		1st 1.50	
	002		2nd 1.50	
	003		3rd 1.50	
	004		4th 1.50	
	005		5th 1.50	
	006		6th 1.50	
	007		7th 1.50	
	008		8th 1.50	
	009		9th 1.50	
	010		10th 1.50	
	011		11th 1.50	
	012		12th 1.50	
	013		No # 1.50	
Presidential Award Certificate	014		*	
Presidential Award Certificate	015		.50	
National Emblem	020		1.25	
National Award Certificate	021		.25	
Participant Emblem	022		.75	
Participant Certificate	023		.25	
Presidential Magnet	041		.75	
National Magnet	042		.75	
Participant Magnet	046		.50	
Presidential Bumper Sticker	043		.25	
National Bumper Sticker	044		.25	
Health Fitness Awards: Health Fitness Emblem	024		1.25	
Health Fitness Certificate	025		.25	
President's Challenge Instructor Emblem	040		1.75	
Slide Chart	045		3.00	
2003-2004 Poster (17" x 22")	050		1.00	
Awards Wall Chart (16 1/2" x 22 3/4")	051		1.00	
Get Fit! Handbook (Qty of 1-99)	060		1.25	
Get Fit! Handbook (Qty of 100+)	061		1.00	
Adult Get Fit! Booklet (Qty of 1-99)	062		2.00	
Adult Get Fit! Booklet (Qty of 100+)	063		1.75	

Award T-Shirts	Color	S	M	L	XL	2XL	Code	Quantity	1-11	12-23	24-143	144+
Adult PALA	Grey						065		8.50	7.75	7.25	6.90
Youth PALA	Grey	■			■	■	066		7.35	6.60	6.10	5.75
Adult Presidential Award	Blue						070		8.50	7.75	7.25	6.90
Youth Presidential Award	Blue	■			■	■	071		7.35	6.60	6.10	5.75
Adult National Award	Red						072		8.50	7.75	7.25	6.90
Youth National Award	Red	■			■	■	073		7.35	6.60	6.10	5.75
Adult Participant Award	White						074		8.50	7.75	7.25	6.90
Youth Participant Award	White	■			■	■	075		7.35	6.60	6.10	5.75
Adult Health Fitness	Navy						080		8.50	7.75	7.25	6.90
Youth Health Fitness	Navy	■			■	■	081		7.35	6.60	6.10	5.75
Adult Instructor	White						090		9.95	9.25	8.75	8.50
Adult Instructor - Long-Sleeve	White						091		11.50	10.95	10.50	9.95
Presidential Champions: Adult Gold	Gold						250		8.50	7.75	7.25	6.90
Youth Gold	Gold	■			■	■	251		7.35	6.60	6.10	5.75
Adult Silver	Silver						260		8.50	7.75	7.25	6.90
Youth Silver	Silver	■			■	■	261		7.35	6.60	6.10	5.75
Adult Bronze	Bronze						270		8.50	7.75	7.25	6.90
Youth Bronze	Bronze	■			■	■	271		7.35	6.60	6.10	5.75

Shipping & Handling:	
(Foreign orders must be prepaid in U.S. currency.)	
Less than \$10.00	= \$4.00
\$10.00-\$24.99	= \$5.00
\$25.00-\$49.99	= \$6.00
\$50.00-\$99.99	= \$7.00
\$100 or more	= 8% of subtotal

Sub-Total +
 Rush Charge (25% of Sub-Total or \$25.00 whichever is greater) +
 Shipping & Handling =
GRAND TOTAL

*With each Presidential Emblem ordered, you receive a free Presidential Award Certificate. If you need additional Presidential Certificates without a Presidential Emblem, they are available for \$5.00 each (see item "Presidential Award Certificates" - Code 015). Please allow 18 days from receipt of your order at our program office for delivery of your awards.

How to AWARDS

To order online

Visit www.presidentschallenge.org to place orders 24 hours a day, year-round. Allow 18 days for delivery from the time you place your order.

To order by mail

Fill out the enclosed order form and send to the address below. Please do not send cash. Allow 18 days for delivery from the time we receive your order.

The President's Challenge
501 N. Morton, Suite 104
Bloomington, IN 47404

To order by phone

Call 1-800-258-8146 to place an order or ask questions. Our toll-free line is open 8am to 5pm, Monday through Friday (Indianapolis, Indiana Time). You'll need a credit card or institutional purchase order for phone orders.

To order by fax

Fill out the enclosed order form and fax it to 1-812-855-8999, 24 hours a day. You'll need a credit card for fax orders, along with a phone number or e-mail address where you can be reached. Allow 18 days for delivery from the time we receive your order.



Shipping policy

We will send orders inside the U.S. by FedEx Ground. All other orders will be sent by the U.S. Postal Service. When you receive your order, please check it carefully. If your order is incomplete, please contact the program office immediately. We do not allow refunds, but we will exchange certificates in the event of a change in administration at no cost.

Rush orders

For an extra charge, we can guarantee delivery of your order within 4 business days. To place a rush order, just add 25% of the subtotal or \$25 (whichever is greater) to your subtotal. We'll send your order by FedEx Express Two Day Air or FedEx Ground if the destination is within the 2-day delivery zone. Sorry, we cannot accept international rush orders.

If you're under 18:

When you've earned an award, sign your name to confirm your activities for each week and have a supervising adult sign to verify your activities.

If you're taking the Challenge through your school or a youth organization:

Your instructor will order awards for everyone in your class. If you're taking the Challenge with family or a group of friends, you'll need an adult to order awards for you.

Stay connected

This brochure gives you everything you need to start the President's Challenge. But you shouldn't stop there. To learn more about our programs, go online at www.presidentschallenge.org or call toll-free at 1-800-258-8146.

You can ask for helpful information (like the **Get Fit! handbook** and **PCPFS Research Digest**), sign up for our *Fitness Is Fun* newsletter, or find answers to your questions.

The President's Challenge

501 N. Morton, Suite 104
Bloomington, IN 47404
email: preschal@indiana.edu
1-800-258-8146

The President's Council on Physical Fitness and Sports

Hubert Humphrey Building
200 Independence Avenue SW
Washington, DC 20201-0004
www.fitness.gov
1-202-690-9000



The President's Challenge

Physical Activity and Fitness Awards Program

www.presidentschallenge.org
501 N. Morton, Suite 104
Bloomington, IN 47404

1-800-258-8146

41-462-20

