

## Stay connected

This booklet has everything you need to start the President's Challenge. But don't stop here. Stay updated by visiting [www.presidentschallenge.org](http://www.presidentschallenge.org). Click on "News/Research" on our Web site, and you can check out or subscribe to other resources like *Fitness is Fun*, our monthly e-mail newsletter; *Physical Activity & Fitness Research Digest*, our quarterly research publication; and the *Get Fit!* handbook. Our Program Advocates sponsor many exciting activities associated with President's Challenge participation; you can discover those on our Web site.



### The President's Challenge

Physical Activity and Fitness Awards Program

[www.presidentschallenge.org](http://www.presidentschallenge.org)  
501 N. Morton, Suite 203  
Bloomington, IN 47404

1-800-258-8146

41-462-20



The President's Challenge  
Physical Activity & Fitness Awards Program  
2004-2005



You're it.  
**Get fit!**



Activity is for  
**everyBODY!**

[www.presidentschallenge.org](http://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](http://www.fitness.gov)





*Message to Educators and Community*  
 Leaders from **THE PRESIDENT'S COUNCIL**  
**ON PHYSICAL FITNESS AND SPORTS**

Being physically fit and engaging in physical activity are two very important messages children need to hear, which is why your job is so important. The President's Challenge Physical Activity and Fitness Awards Program has helped teachers and community leaders implement these messages for decades and with [www.presidentschallenge.org](http://www.presidentschallenge.org), we hope we are making it even easier.

With the development of the Presidential Active Lifestyle Award and the Presidential Champions Program, it is our hope that children will gain a better understanding, through you, of the importance of physical activity and fitness and carry this message with them into adulthood. In your position, you have a unique opportunity to put what you teach into action and serve as an active lifestyle role model. What better way to stress to your students the importance of maintaining a lifetime of physical activity than taking the President's Challenge yourself?

In addition to recognizing students for their achievements, the President's Challenge recognizes the teachers and schools who support and encourage physical activity and fitness through its school awards programs.

These include the following designations:

- State Champion
- Model School
- Demonstration Center

Information on the requirements for achieving these designations can be found on pages 19 and 20. In addition to our recognition of your school's efforts, we have been fortunate this year to have many different organizations help us recognize some of the schools earning these awards. Specifics on opportunities these schools have to gain further support and recognition can be found on the President's Challenge Web site, or by calling (800) 258-8146.

As always, the President's Council commends your efforts and appreciates the work you do to help make America's kids more fit and physically active, and we wish you a safe and active school year.

All the best in fitness and health!

HUBERT H. HUMPHREY BUILDING  
 ROOM 738 H · 200 INDEPENDENCE AVENUE, SW · WASHINGTON, D.C. 20201  
 PHONE: 202-690-9000 FAX: 202-690-5211

**Honor Award**

The PCPFS Honor Award is given annually to an individual who has made a major contribution to the advancement and promotion of the science of physical activity, in addition to being an advocate of the mission of the PCPFS.

**2003**

Charles Corbin, Ph.D.                      Margaret Jo Safrit, Ph.D.  
 Don Franks, Ph.D.                         Wynn F. Updyke, Ph.D.  
 Robert Pangrazi, Ph.D.

**2004**

Steven N. Blair, P.E.D.

**Science Board**

The President's Council on Physical Fitness and Sports (PCPFS) Science Board is made up of the foremost educators and researchers in the fields of exercise physiology, kinesiology, and health promotion. The purpose of this board is to help ensure that the PCPFS programs and publications are scientifically sound and that they promote a message consistent with the executive mandate of the President's Council on Physical Fitness and Sports. The Science Board serves in a voluntary capacity in order to bring the latest science to the general population in lay language.

Charles Corbin, Ph.D., Chair  
 James Morrow, Ph.D., Chair Elect

**Members**

Doris Corbett, Ph.D.                      Amelia Lee, Ph.D.                      Margaret Safrit, Ph.D.  
 Ed Howley, Ph.D.                         Robert Pangrazi, Ph.D.                 Deborah Young, Ph.D.  
 Robert Karch, Ph.D.                      Russell Pate, Ph.D.

Tedd Mitchell, M.D. (PCPFS Member Liaison)



## 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 physical activity and fitness everywhere it can by partnering with organizations across the country — including schools, boys and girls clubs, corporations, and more.

The Council's long-standing recognition program, the President's Challenge, offers a menu of programs for ages 6 to 106. Our motto is "Activity is for everyBODY." So let's get moving!

## Four Program Areas

### I. Presidential Active Lifestyle Award (PALA)

- Established in 2001
- Adults active 30 minutes a day/five days a week for six weeks
- Youths under age 18 active 60 minutes a day/five days a week for six weeks

### II. Presidential Champions Program

- Established in 2003
- Gold — 80,000 points
- Silver — 45,000 points
- Bronze — 20,000 points

### III. Presidential Physical Fitness Award

- Presidential — established in 1966
- National — established in 1987
- Participant — established in 1991

### IV. Health Fitness Award

- Established in 1996
- Rewards children who achieve healthy levels of physical fitness based on health-criterion standards.



# You're it. Get fit!

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THE CHALLENGE

# Activity is for

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, for a total of 6 weeks — 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 and 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.



# everyBODY!

## So let's get moving!



Americans generally know what will make them healthier, but they often are confused about what specific information is credible and accurate. Information available at [www.HealthierUS.gov](http://www.HealthierUS.gov) can help you to make wise lifestyle choices.



### Steps to a HealthierUS initiative

**Physical Fitness: Be physically active every day** Learn how to make regular physical activity a routine part of your life.

**Nutrition: Eat a nutritious diet** Healthy eating is not a fad — it's a lifestyle. Learn what the experts say you need for a healthy diet.

**Prevention: Get preventative screenings** Find out how screening can protect you and your family from illnesses YOU can prevent.

**Make Healthy Choices: Avoid risky behaviors** Tobacco is the leading cause of preventable death in the U.S. If you smoke, you can quit. If you don't smoke, don't start!





# 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](http://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 the Presidential Champions Program.

## 4. Earn your award.

Whenever you reach your 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.

**Staying active is**  
... healthy, fun, and **EASY.**



# THE CHALLENGE



## The Active Lifestyle Program

### 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 _____



### 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): \_\_\_\_\_

Note: Submit this paper log to your teacher or group administrator, or keep for your own records. Please do not submit to the President's Challenge office. See page 29 for award ordering information.

# Active Lifestyle Model School

This is a free recognition program for schools. 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.



MODEL SCHOOL 04-05

## Entry Form — 2004-2005 Active Lifestyle Model School Award

Complete the following information:

Name of School \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

E-mail \_\_\_\_\_ Web site \_\_\_\_\_

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, 2005 or the last official day of school, if earlier.

A.	Boys	Girls	Total

Enter figures here

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

B.	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 they 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 \_\_\_\_\_

E-mail \_\_\_\_\_

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 \_\_\_\_\_

E-mail \_\_\_\_\_

### 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 awards of all students who qualify. A list of Model Schools is kept on the President's Challenge Web site ([www.presidentschallenge.org](http://www.presidentschallenge.org)).

### How to enter

We accept applications year round. However, in order to receive bars indicating the 2004-2005 school year, your application must be postmarked no later than July 1, 2005.

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 203  
Bloomington, IN 47404  
Fax: (812) 855-8999

You can also apply online at [www.presidentschallenge.org](http://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](http://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 14 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 and 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](http://www.presidentschallenge.org). The only thing left to do is to log on and sign up.





**FOR EDUCATORS  
& COMMUNITY  
LEADERS**

# Do your students Use our free **Fit**



# measure up? Fitness File to check.



We know how important educators and community leaders are in encouraging students to stay active. A little inspiration goes a long way. Lessons students 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: track your students for free

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

The President's Challenge Web site offers an online tool just for educators. It's called **Fitness File** and it's designed to make fitness testing 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](http://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.

At the onset of testing, 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, located on page 18.





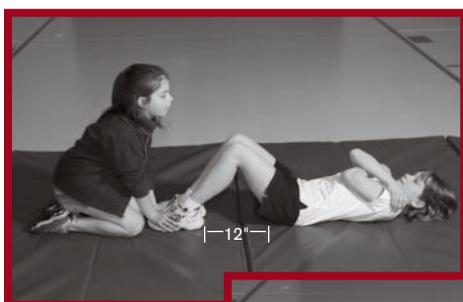
## 1. Curl-ups (For testing only — not training)

### 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.





# PHYSICAL FITNESS

## The Physical Fitness Program

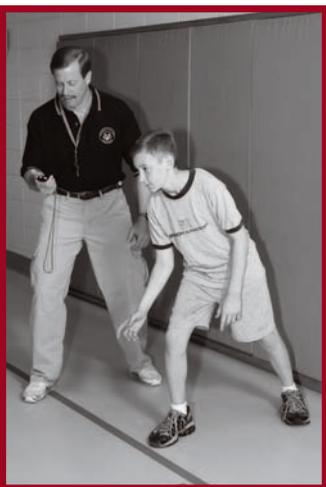
### 2. Shuttle Run

#### 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 year olds . . . 1/4 mile  
Option for 8-9 year olds . . . 1/2 mile

Alternative distances for younger children are 1/4 mile for 6-7 year olds, and 1/2 mile for 8-9 year olds. 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



## The Physical Fitness Program

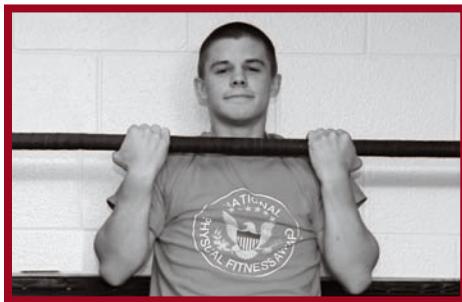
### 4. Pull-ups

#### 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.

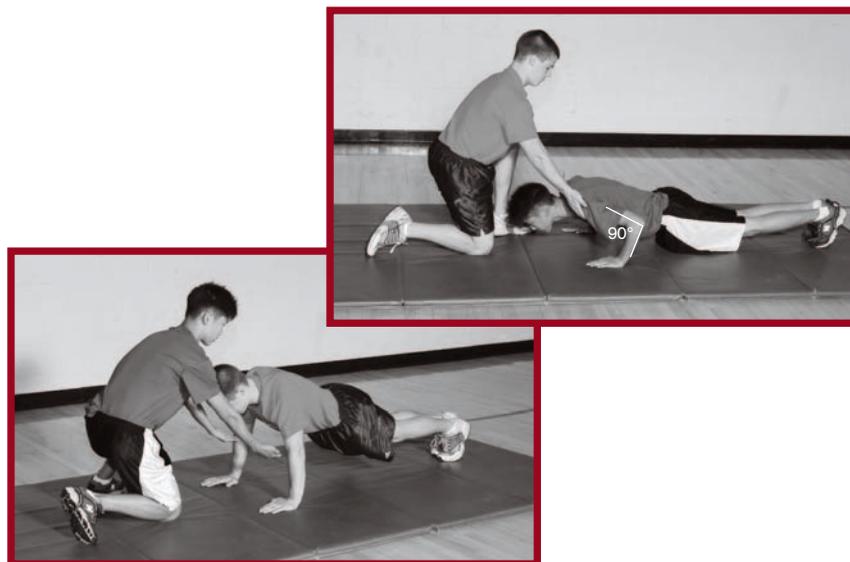
A partner holds her/his hand at the point of the 90-degree angle so that the student being tested goes down only until her/his shoulder touches the partner's hand, then back up. The push-ups are done to a metronome (or audio tape, clapping, drums) with one complete push-up every three seconds, and are 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	Partial*	Shuttle Run	V-Sit Reach	Sit and Reach	One-Mile Run	Distance	Options**	Pull-Ups	Rt. Angle
		(# one minute)	Curl-Ups (#)		(inches)	(centimeters)		(min:sec)			(min:sec)
		OR				OR	OR			OR	
BOYS	6	33	22	12.1	+3.5	31	10:15	1:55		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	3:30	5	17	
	9	41	37	10.9	+3.0	31	8:31		5	18	
	10	45	35	10.3	+4.0	30	7:57	3:30	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		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	3:58	2	17	
	9	39	37	11.1	+5.5	33	9:30		3:53	2	18
	10	40	33	10.8	+6.0	33	9:19	3:53	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	Partial*	Shuttle Run	V-Sit Reach	Sit and Reach	One-Mile Run	Distance	Options**	Pull-Ups	Rt. Angle	Flexed
		(# one minute)	Curl-Ups (#)		(inches)	(centimeters)		(min:sec)			(min:sec)	(min:sec)
		OR				OR	OR			OR		OR
BOYS	6	22	10	13.3	+1.0	26	12:36	2:21		1	7	6
	7	28	13	12.8	+1.0	25	11:40	2:10		1	8	8
	8	31	17	12.2	+0.5	25	11:05	4:22	1	9	10	
	9	32	20	11.9	+1.0	25	10:30		4:14	2	12	10
	10	35	24	11.5	+1.0	25	9:48	4:14	2	14	12	
	11	37	26	11.1	+1.0	25	9:20		2	15	11	
	12	40	32	10.6	+1.0	26	8:40	2	18	12		
	13	42	39	10.2	+0.5	26	8:06	3	24	14		
	14	45	40	9.9	+1.0	28	7:44	5	24	20		
	15	45	45	9.7	+2.0	30	7:30	6	30	30		
	16	45	37	9.4	+3.0	30	7:10	7	30	28		
17	44	42	9.4	+3.0	34	7:04	8	37	30			
GIRLS	6	23	10	13.8	+2.5	27	13:12	2:26		1	6	5
	7	25	13	13.2	+2.0	27	12:56	2:21		1	8	6
	8	29	17	12.9	+2.0	28	12:30	4:56	1	9	8	
	9	30	20	12.5	+2.0	28	11:52		4:50	1	12	8
	10	30	24	12.1	+3.0	28	11:22	4:50	1	13	8	
	11	32	27	11.5	+3.0	29	11:17		1	11	7	
	12	35	30	11.3	+3.5	30	11:05	1	10	7		
	13	37	40	11.1	+3.5	31	10:23	1	11	8		
	14	37	30	11.2	+4.5	33	10:06	1	10	9		
	15	36	26	11.0	+5.0	36	9:58	1	15	7		
	16	35	26	10.9	+5.5	34	10:31	1	12	7		
17	34	40	11.0	+4.5	35	10:22	1	16	7			

\*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](http://www.presidentschallenge.org). Click on "Educators" and choose the "download" option.

## Physical Activity and Fitness Demonstration Centers

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 Web site and recommend that 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](http://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

Students with disabilities or special needs have the right to an individualized physical fitness program. Thus, the PCPFS includes suggested guidelines for accommodating these students in its President's Challenge Physical Activity and Fitness Awards Program. These students can be motivated to develop lifetime habits of appropriate physical activity through recognition of achievement in physical fitness. The suggestions for accommodation have been prepared to permit boys and girls with disabilities, ages 6-17, to be acknowledged for their achievement and to qualify for the Presidential Active Lifestyle Award, the Presidential, the National, the Participant Physical Fitness, or the Health Fitness Awards in the President's Challenge Physical Activity and Fitness Awards Program.

Teachers or fitness leaders may decide that other students without identified disabilities also need accommodations in one or more of the test categories or awards. Making accommodations is consistent with the goal of providing motivation for life-long physical activity through physical fitness achievement.

Qualified instructors, using their professional judgement, may qualify students who do not reach President's Challenge standards on one or more of the test items in the awards program.

For more information on physical activity for those with disabilities, please visit the National Center for Physical Activity and Disability Web site at [www.ncpad.org](http://www.ncpad.org).



Photos of athletes with disabilities courtesy of Disabled Sports USA and Ken Watson

# Physical Fitness State Champion

## Entry Form — 2004–2005 State Champion Physical Fitness Award

Complete the following information:

Name of School \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

E-mail \_\_\_\_\_ 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, 2005. 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, 2005 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 2004–2005 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

A. Boys Girls Total

--	--	--

Enter figures here

B. Boys Girls Total

--	--	--

Enter figures here

C. \_\_\_\_\_

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 physical fitness 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 \_\_\_\_\_

E-mail \_\_\_\_\_

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 \_\_\_\_\_

E-mail \_\_\_\_\_



Indicates Placement

### 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.

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 students enrolled

**Category 2.** Schools with 201-500 students enrolled

**Category 3.** Schools with over 500 students enrolled

### How to enter

To be considered for the 2004–2005 school year award, entries must be post-marked no later than July 1, 2005.

1. Complete your President's Challenge testing for the 2004–2005 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 203  
Bloomington, IN 47404  
Fax: 812-855-8999

You can also apply online at [www.presidentschallenge.org](http://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 Congress members.







# 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 Curl-ups (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:  
Wt (kg) / Ht (m)<sup>2</sup>

Wt [2.2 lbs=1 kg] 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](http://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		V-Sit Reach (inches)	Sit and Reach (centimeters)	Rt. Angle Push-Ups (#)	Pull-Ups (#)	BMI (range)
			(min:sec)	Distance Option (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		1	21	5	1	13.4-20.5
	9	15	10:00	4:45	1	21	6	1	13.7-21.4
	10	20	9:30	4:35	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
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		2	23	5	1	13.2-20.7
	9	15	10:00	5:35	2	23	6	1	13.5-21.4
	10	20	10:00	5:25	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

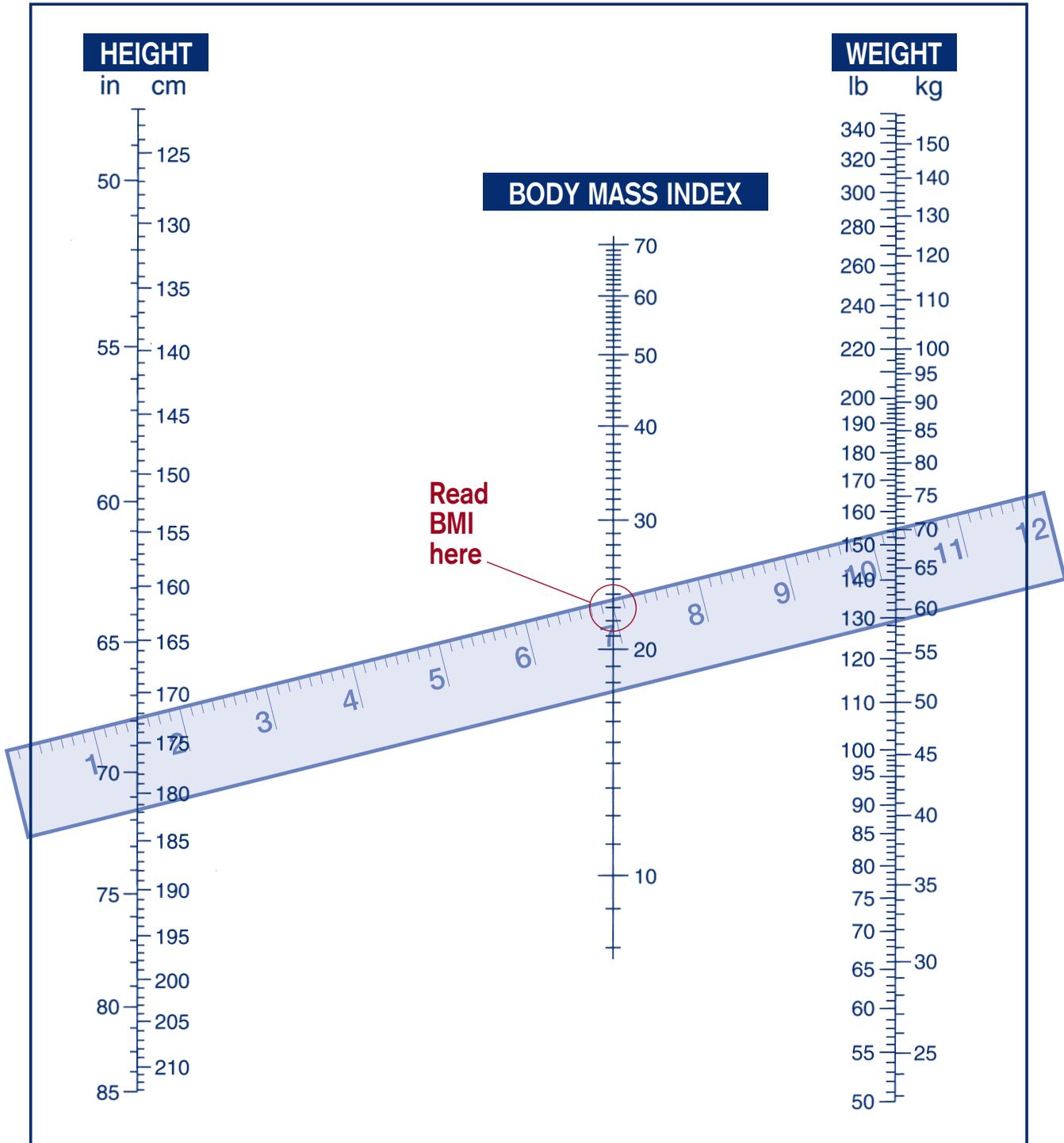
Body Mass Index (or BMI) is a way of estimating body composition using height and weight.

## Calculate your BMI

Use our online BMI calculator at [www.presidentschallenge.org](http://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.



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 Awards and Pedometers



### 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 eagle stickers; each time you complete the program, you can apply one to your certificate.



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



Strip of Stickers for Presidential Active Lifestyle Award Certificates



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



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



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



The StepLinq

The TrekLinq

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

We offer two different pedometers for both the Presidential Active Lifestyle Award and Presidential Champion Program.

### 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 younger kids.

### 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, and 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.

# Appreciate what you've

## Physical Fitness Awards



### 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.



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")



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)



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



## Health Fitness Awards



### The Health Fitness Award

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

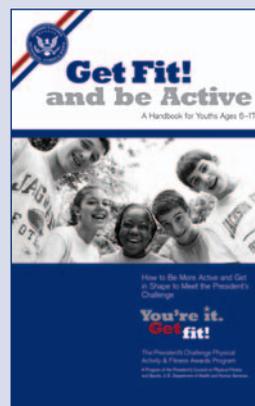


Health Fitness Certificate  
(Actual Size: 8" x 10")



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

## Additional Items



Get Fit! Handbook for Youths  
Ages 6-16  
(Actual Size: 5 1/2" x 8 1/2")



Physical Fitness Slide Chart for the Physical Fitness and Health Fitness Programs  
(Actual Size: 4" x 9")



Instructor's Emblem for those who administer the President's Challenge Program  
(Actual Size: About 3 3/4" diameter)

# AWARDS accomplished.

## Presidential Champion Awards



### Presidential Champions Gold Award

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



### Presidential Champions Silver Award

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



### Presidential Champions Bronze Award

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



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

Presidential Champions Lapel Pins (Gold, Silver, Bronze)  
(Actual Size: About 1 1/8" diameter)



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



2004-2005 Poster  
(Actual Size: 17" x 22")

### The President's Challenge AWARDS CHART

The Presidential Physical Fitness Award

SEX	AGE	1 Mile Run		200 Yard Dash		400 Yard Dash		800 Yard Dash		1 Mile Run		200 Yard Dash		400 Yard Dash		800 Yard Dash	
		Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
MALE	5-6	1:30	100	1:15	100	1:00	100	1:00	100	1:00	100	1:00	100	1:00	100	1:00	100
	7-8	1:45	100	1:30	100	1:15	100	1:15	100	1:15	100	1:15	100	1:15	100	1:15	100
	9-10	2:00	100	1:45	100	1:30	100	1:30	100	1:30	100	1:30	100	1:30	100	1:30	100
	11-12	2:15	100	1:55	100	1:45	100	1:45	100	1:45	100	1:45	100	1:45	100	1:45	100
	13-14	2:30	100	2:05	100	1:55	100	1:55	100	1:55	100	1:55	100	1:55	100	1:55	100
	15-16	2:45	100	2:15	100	2:00	100	2:00	100	2:00	100	2:00	100	2:00	100	2:00	100
	17-18	3:00	100	2:25	100	2:10	100	2:10	100	2:10	100	2:10	100	2:10	100	2:10	100
	19-20	3:15	100	2:35	100	2:20	100	2:20	100	2:20	100	2:20	100	2:20	100	2:20	100
	21-24	3:30	100	2:45	100	2:30	100	2:30	100	2:30	100	2:30	100	2:30	100	2:30	100
	25-34	3:45	100	2:55	100	2:40	100	2:40	100	2:40	100	2:40	100	2:40	100	2:40	100
FEMALE	5-6	2:00	100	1:45	100	1:30	100	1:30	100	1:30	100	1:30	100	1:30	100	1:30	100
	7-8	2:15	100	1:55	100	1:45	100	1:45	100	1:45	100	1:45	100	1:45	100	1:45	100
	9-10	2:30	100	2:05	100	1:55	100	1:55	100	1:55	100	1:55	100	1:55	100	1:55	100
	11-12	2:45	100	2:15	100	2:00	100	2:00	100	2:00	100	2:00	100	2:00	100	2:00	100
	13-14	3:00	100	2:25	100	2:10	100	2:10	100	2:10	100	2:10	100	2:10	100	2:10	100
	15-16	3:15	100	2:35	100	2:20	100	2:20	100	2:20	100	2:20	100	2:20	100	2:20	100
	17-18	3:30	100	2:45	100	2:30	100	2:30	100	2:30	100	2:30	100	2:30	100	2:30	100
	19-20	3:45	100	2:55	100	2:40	100	2:40	100	2:40	100	2:40	100	2:40	100	2:40	100
	21-24	4:00	100	3:05	100	2:50	100	2:50	100	2:50	100	2:50	100	2:50	100	2:50	100
	25-34	4:15	100	3:15	100	3:00	100	3:00	100	3:00	100	3:00	100	3:00	100	3:00	100

The National Physical Fitness Award

SEX	AGE	1 Mile Run		200 Yard Dash		400 Yard Dash		800 Yard Dash		1 Mile Run		200 Yard Dash		400 Yard Dash		800 Yard Dash	
		Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
MALE	5-6	1:30	100	1:15	100	1:00	100	1:00	100	1:00	100	1:00	100	1:00	100	1:00	100
	7-8	1:45	100	1:30	100	1:15	100	1:15	100	1:15	100	1:15	100	1:15	100	1:15	100
	9-10	2:00	100	1:45	100	1:30	100	1:30	100	1:30	100	1:30	100	1:30	100	1:30	100
	11-12	2:15	100	1:55	100	1:45	100	1:45	100	1:45	100	1:45	100	1:45	100	1:45	100
	13-14	2:30	100	2:05	100	1:55	100	1:55	100	1:55	100	1:55	100	1:55	100	1:55	100
	15-16	2:45	100	2:15	100	2:00	100	2:00	100	2:00	100	2:00	100	2:00	100	2:00	100
	17-18	3:00	100	2:25	100	2:10	100	2:10	100	2:10	100	2:10	100	2:10	100	2:10	100
	19-20	3:15	100	2:35	100	2:20	100	2:20	100	2:20	100	2:20	100	2:20	100	2:20	100
	21-24	3:30	100	2:45	100	2:30	100	2:30	100	2:30	100	2:30	100	2:30	100	2:30	100
	25-34	3:45	100	2:55	100	2:40	100	2:40	100	2:40	100	2:40	100	2:40	100	2:40	100
FEMALE	5-6	2:00	100	1:45	100	1:30	100	1:30	100	1:30	100	1:30	100	1:30	100	1:30	100
	7-8	2:15	100	1:55	100	1:45	100	1:45	100	1:45	100	1:45	100	1:45	100	1:45	100
	9-10	2:30	100	2:05	100	1:55	100	1:55	100	1:55	100	1:55	100	1:55	100	1:55	100
	11-12	2:45	100	2:15	100	2:00	100	2:00	100	2:00	100	2:00	100	2:00	100	2:00	100
	13-14	3:00	100	2:25	100	2:10	100	2:10	100	2:10	100	2:10	100	2:10	100	2:10	100
	15-16	3:15	100	2:35	100	2:20	100	2:20	100	2:20	100	2:20	100	2:20	100	2:20	100
	17-18	3:30	100	2:45	100	2:30	100	2:30	100	2:30	100	2:30	100	2:30	100	2:30	100
	19-20	3:45	100	2:55	100	2:40	100	2:40	100	2:40	100	2:40	100	2:40	100	2:40	100
	21-24	4:00	100	3:05	100	2:50	100	2:50	100	2:50	100	2:50	100	2:50	100	2:50	100
	25-34	4:15	100	3:15	100	3:00	100	3:00	100	3:00	100	3:00	100	3:00	100	3:00	100

The Participant Physical Fitness Award

Boys and girls who average all five items, but whose scores fall below the 75th percentile on one or more of them are eligible to receive the Participant Award.

SEX	AGE	1 Mile Run		200 Yard Dash		400 Yard Dash		800 Yard Dash		1 Mile Run		200 Yard Dash		400 Yard Dash		800 Yard Dash	
		Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
MALE	5-6	1:30	100	1:15	100	1:00	100	1:00	100	1:00	100	1:00	100	1:00	100	1:00	100
	7-8	1:45	100	1:30	100	1:15	100	1:15	100	1:15	100	1:15	100	1:15	100	1:15	100
	9-10	2:00	100	1:45	100	1:30	100	1:30	100	1:30	100	1:30	100	1:30	100	1:30	100
	11-12	2:15	100	1:55	100	1:45	100	1:45	100	1:45	100	1:45	100	1:45	100	1:45	100
	13-14	2:30	100	2:05	100	1:55	100	1:55	100	1:55	100	1:55	100	1:55	100	1:55	100
	15-16	2:45	100	2:15	100	2:00	100	2:00	100	2:00	100	2:00	100	2:00	100	2:00	100
	17-18	3:00	100	2:25	100	2:10	100	2:10	100	2:10	100	2:10	100	2:10	100	2:10	100
	19-20	3:15	100	2:35	100	2:20	100	2:20	100	2:20	100	2:20	100	2:20	100	2:20	100
	21-24	3:30	100	2:45	100	2:30	100	2:30	100	2:30	100	2:30	100	2:30	100	2:30	100
	25-34	3:45	100	2:55	100	2:40	100	2:40	100	2:40	100	2:40	100	2:40	100	2:40	100
FEMALE	5-6	2:00	100	1:45	100	1:30	100	1:30	100	1:30	100	1:30	100	1:30	100	1:30	100
	7-8	2:15	100	1:55	100	1:45	100	1:45	100	1:45	100	1:45	100	1:45	100	1:45	100
	9-10	2:30	100	2:05	100	1:55	100	1:55	100	1:55	100	1:55	100	1:55	100	1:55	100
	11-12	2:45	100	2:15	100	2:00	100	2:00	100	2:00	100	2:00	100	2:00	100	2:00	100
	13-14	3:00	100	2:25	100	2:10	100	2:10	100	2:10	100	2:10	100	2:10	100	2:10	100
	15-16	3:15	100	2:35	100	2:20	100	2:20	100	2:20	100	2:20	100	2:20	100	2:20	100
	17-18	3:30	100	2:45	100	2:30	100	2:30	100	2:30	100	2:30	100	2:30	100	2:30	100
	19-20	3:45	100	2:55	100	2:40	100	2:40	100	2:40	100	2:40	100	2:40	100	2:40	100
	21-24	4:00	100	3:05	100	2:50	100	2:50	100	2:50	100	2:50	100	2:50	100	2:50	100
	25-34	4:15	100	3:15	100	3:00	100	3:00	100	3:00	100	3:00	100	3:00	100	3:00	100

The Health Fitness Award

SEX	AGE	1 Mile Run		200 Yard Dash		400 Yard Dash		800 Yard Dash		1 Mile Run		200 Yard Dash		400 Yard Dash		800 Yard Dash	
		Time	Points	Time	Points												

# For when **AAP** you've met the

## Merchandise



**PRESIDENT'S CHALLENGE NOTEBOOK**  
Navy with black trim, white President's Challenge logo. (Actual Size: 6" x 9") Includes one pad of paper.



**PRESIDENTIAL ACTIVE LIFESTYLE AWARD T-SHIRT**  
Oxford grey with silkscreened logo on chest.  
Youth: Medium-Large or Adult: Small-XX-Large



**HEALTH FITNESS AWARD T-SHIRT**  
Navy blue with silkscreened logo on chest.  
Youth: Medium-Large Adult: Small-XX-Large



**PRESIDENTIAL PHYSICAL FITNESS AWARD T-SHIRT**  
Royal blue with silkscreened logo on chest.  
Youth: Medium-Large Adult: Small-XX-Large



**NATIONAL PHYSICAL FITNESS AWARD T-SHIRT**  
Red with silkscreened logo on chest.  
Youth: Medium-Large Adult: Small-XX-Large



**PARTICIPANT PHYSICAL FITNESS AWARD T-SHIRT**  
White with silkscreened logo on chest.  
Youth: Medium-Large Adult: Small-XX-Large

# Challenge.



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

**PRESIDENT'S CHALLENGE POLO SHIRT**  
 As seen in the President's Challenge DVD.  
 Navy blue with white trim, embroidered three-color President's Challenge logo. Web address below collar on back.  
 Adult: Small-XX-Large



**PRESIDENT'S CHALLENGE INSTRUCTOR T-SHIRT**  
 White with silkscreened message front and back.  
 Short or long sleeve.  
 Adult: Small-XX-Large

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
Men's	34-36	38-40	42-44	46-48	50
Women's (Bust)	34-36	38-40	42-44	N/A	N/A
Women's (Blouse Size)	8-12	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 2004-2005

## Ship to:

Name (Required) \_\_\_\_\_

School/Organization \_\_\_\_\_

Address \_\_\_\_\_  
(Sorry, no P.O. boxes)

City \_\_\_\_\_

State \_\_\_\_\_ ZIP Code \_\_\_\_\_

E-mail \_\_\_\_\_

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.)

1) School:  Elementary  Middle  Jr. High  Sr. High  
 Homeschool  Not a school (skip to question 5)

2) How is your school or agency classified:  Public  Private

3) What is your school's approximate enrollment? \_\_\_\_\_

4) Does your school district require you to use the President's Challenge Program?  Yes  No

5) How many youths participated? Males \_\_\_\_\_ Females \_\_\_\_\_

6) How many qualified for each award?  
PALA Presidential National Participant HFA

Male \_\_\_\_\_

Female \_\_\_\_\_

7) How many students with disabilities participated? \_\_\_\_\_

How many students with disabilities qualified for each award?

PALA Presidential National Participant HFA

8) 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  \_\_\_\_\_

9) 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 203,  
Bloomington, IN 47404 or fax to 1-812-855-8999  
Phone: 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	202	Bronze (202)	Silver (201)	Gold (200)
	201			
	200			
Presidential Champions Lapel Pin	212	Bronze (212)	Silver (211)	Gold (210)
	211			
	210			
Presidential Champions Ribbon	222	Bronze (222)	Silver (221)	Gold (220)
	221			
	220			
Presidential Champions Certificate	232	Bronze (232)	Silver (231)	Gold (230)
	231			
	230			
Presidential Champions Set	242	Bronze (242)	Silver (241)	Gold (240)
	241			
	240			

## Presidential Emblems:

1st Year (001) 5th Year (005) 9th Year (009) No Numeral (013)  
2nd Year (002) 6th Year (006) 10th Year (010)  
3rd Year (003) 7th Year (007) 11th Year (011)  
4th Year (004) 8th Year (008) 12th Year (012)

Note: 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 \$.50 each (see item "Presidential Award Certificates" - Code 015).

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		
015		.50		
020	National Emblem	1.25		
021	National Award Certificate	.25		
022	Participant Emblem	.75		
023	Participant Certificate	.25		
041	Presidential Magnet	.75		
042	National Magnet	.75		
046	Participant Magnet	.50		
043	Presidential Bumper Sticker	.25		
044	National Bumper Sticker	.25		
024	Health Fitness Awards: Health Fitness Emblem	1.25		
025	Health Fitness Certificate	.25		
040	President's Challenge Instructor Emblem	1.75		
045	Slide Chart	3.00		
050	2004-2005 Poster (17" x 22")	1.00		
051	Awards Wall Chart (16 1/2" x 22 3/4")	1.00		
060	Get Fit! Handbook (Qty of 1-99)	1.25		
061	Get Fit! Handbook (Qty of 100+)	1.00		
097	President's Challenge Notebook	8.95		
300	President's Challenge DVD (Although the DVD is free, please add \$5.00 shipping and handling for each DVD requested.)			Free

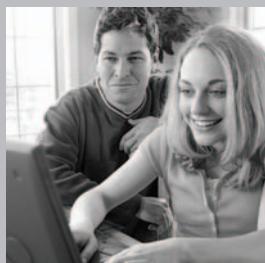
Award Shirts	Color	S	M	L	XL	2XL	Code	Quantity	1-11	12-23	24-143	144+
Adult PALA	Grey						065		8.50	7.75	7.25	6.90
Youth PALA	Grey	■			■	■	066		7.35	6.60	6.10	5.75
Adult Presidential Award	Blue						070		8.50	7.75	7.25	6.90
Youth Presidential Award	Blue	■			■	■	071		7.35	6.60	6.10	5.75
Adult National 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
Instructor - Short Sleeve	White						090		9.95	9.25	8.75	8.50
Instructor - Long Sleeve	White						091		11.50	10.95	10.50	9.95
Polo Shirt	Blue						098		29.95	29.95	29.95	29.95
<b>Presidential Champions:</b>												
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 (please add \$5 for each DVD requested) =  
GRAND TOTAL

Please allow 18 days from receipt of your order at our program office for delivery of your awards.

# How to Order



## Check out our new DVD

Want a fun way to learn all about the President's Challenge? Order a copy of our DVD, which takes you to Challenge, USA — a place where staying active is part of everyday life. With the DVD, you can learn how to:

- Sign up for the President's Challenge
- Use the President's Challenge Web site
- Keep track of your activities
- Earn awards
- Create groups to take the Challenge together
- Recognize schools that promote physical fitness
- Find test tips and online tools for instructors

To order your copy, use the order form on the opposite page, visit [www.presidentschallenge.org](http://www.presidentschallenge.org), or call 1-800-258-8146. The DVD is free; please add \$5 per DVD for shipping and handling.

### 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 over \$5 inside the U.S. by FedEx Ground. All other orders will be sent by the U.S. Postal Service. Please note we cannot send FedEx orders to post office box addresses. 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, exchanges, or returns, 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.

### To order online

Visit [www.presidentschallenge.org](http://www.presidentschallenge.org) to place orders 24 hours a day, year-round. Allow 18 calendar 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 calendar days for delivery from the time we receive your order.

The President's Challenge  
501 N. Morton, Suite 203  
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 8 a.m. to 5 p.m., Monday through Friday (Indianapolis, Indiana Time). You'll need a credit card or institutional purchase order for phone 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.

