



# Celebrating 50 years

of the President's Council on Physical Fitness and Sports

You're <sup>★</sup>it. **Get fit!**

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



The President's Challenge  
Physical Activity & Fitness Awards Program  
2006-2007



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.



THE WHITE HOUSE  
WASHINGTON

July 11, 2006

I send greetings to those participating in the President's Challenge Physical Activity and Fitness Awards Program.

Physical activity benefits both the body and the mind. By including exercise, good nutrition, and healthy behavior in daily routines, children can help reduce the risk of many serious health problems such as obesity, asthma, and diabetes. Regular physical activity also builds strength and endurance, provides motivation, and increases productivity among America's youth. This Program is an opportunity to promote healthy living and recognize young people who meet their goals.

I applaud the participants of the President's Challenge for living active lifestyles. I also appreciate all those dedicated to building a society where children value good health. Your efforts lead to a better future for all our citizens.

Laura and I send our best wishes.



THE PRESIDENT'S COUNCIL  
ON PHYSICAL FITNESS  
AND SPORTS



Greetings from the President's Council on Physical Fitness and Sports! Thank you for your dedication to America's youth through your work to promote physical activity and fitness for children and teens. You are vital to our mission of encouraging children to take an interest in activities that promote overall good health. You offer young people the knowledge and skills they need to engage in a variety of physical activities and adopt an active lifestyle.

As we continuously strive to improve the President's Challenge program, we welcome your suggestions and thank all of you who provided us with ideas and feedback to help us redesign our website, [www.presidentschallenge.org](http://www.presidentschallenge.org).

As we continue to celebrate our 50<sup>th</sup> anniversary, we applaud your commitment and dedication. You provide an honorable service to our nation, and we value our relationship with all of you. Keep up the great work!

Sincerely,

Melissa Johnson, M.S.  
Executive Director

On the Cover:

This year the President's Challenge poster is a salute to the 50th anniversary of the President's Council on Physical Fitness and Sports, and the 40th anniversary of the Presidential Physical Fitness Award. In looking closely at the runner on the poster you will notice that images from past posters are inserted. You will also find images of these past posters throughout this brochure. We hope that you enjoy reminiscing with these images of the past while we look forward to the next 50 years.

HUBERT H. HUMPHREY BUILDING

ROOM 738H • 200 INDEPENDENCE AVENUE, SW • WASHINGTON, D.C. 20201

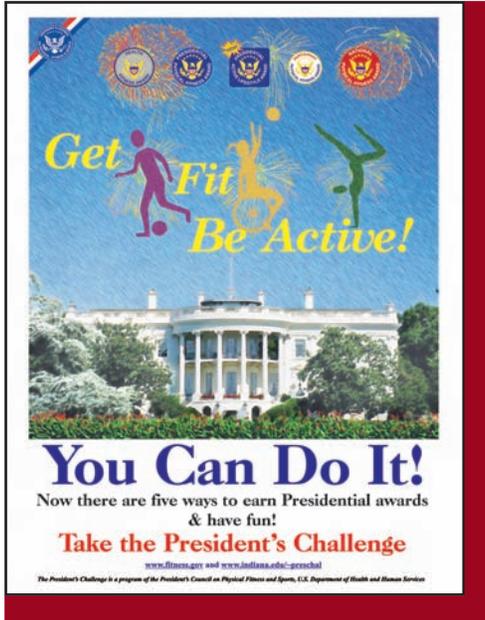
PHONE: 202-690-9000 FAX: 202-690-5211



# 50 Years of Physical Activity and Fitness



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



2001

The President's Council on Physical Fitness and Sports (PCPFS) continues to recognize and encourage physical accomplishments through the President's Challenge. Once designed as a conditioning program for youth under the age of 18, the Challenge now applies to all ages and fitness levels. Throughout the past 50 years, ten presidents have had a hand in the program's three name changes and numerous physical activity and fitness objectives. Looking back at its campaigns, the council is confident in its ability to produce many more years of healthy success!

Thanks to the President's Challenge, a national program with nearly a 40-year-old history, youth and adults can maintain a healthy lifestyle with regular physical activity. Simply by being active for 30 minutes a day (60 minutes for youth), five days per week, people of all ages and abilities are helping create a more fit, happier, and healthier America.

## The President's Challenge

Since its inception, the President's Challenge has helped motivate millions of Americans each year. This program offers a wide range of programs designed to make staying active simple and fun for individuals, able and disabled.

### 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.

Fitness is about improving muscular strength and endurance, cardiorespiratory endurance and flexibility through regular physical activity. This includes things like cleaning the garage, lifting and carrying groceries.

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. So walk the dog, ride your bike, alone or with friends and family. You have one life, so make the most of it — take the President's Challenge.

### Presidential Active Lifestyle Award

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 youth 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 youth under 18) this program is for you. Strive to reach the Bronze, Silver and Gold medals of the President's Challenge Program.

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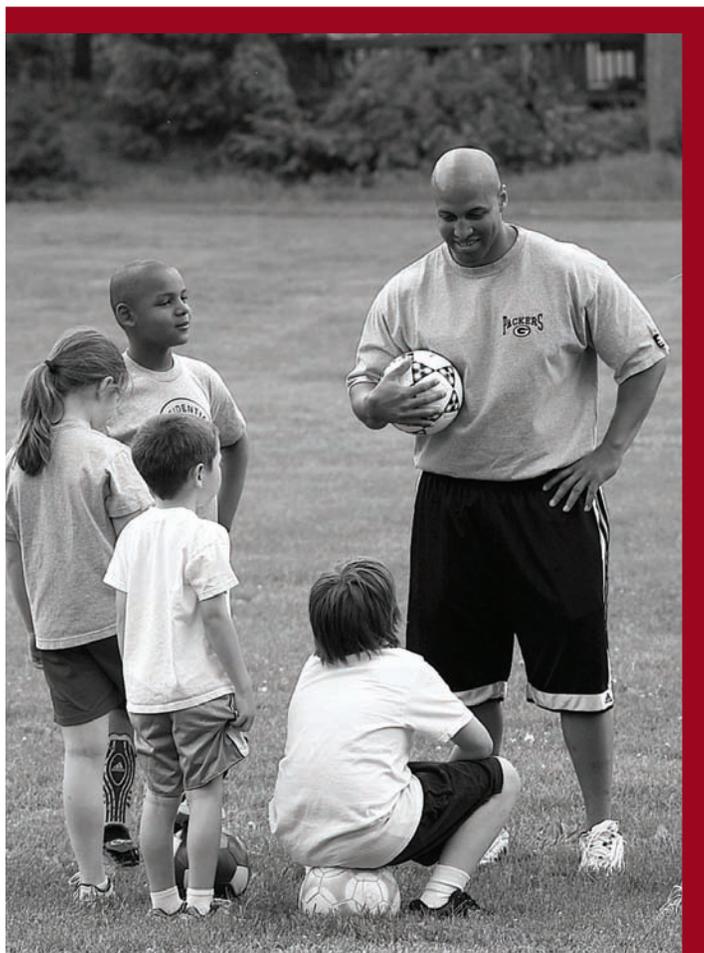
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# The Active Lifestyle Program



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 youth under 18). You only have one life. . . get and stay active every day.



## 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 youth 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 that this means we won't have an online record of the activity points you earn — which could apply to the Presidential Champions Program.

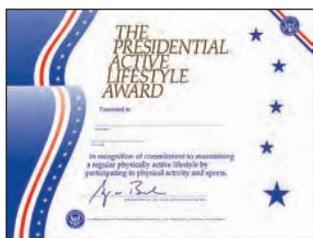
## 4. Earn your award.

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. If you have questions call 1-800-258-8146.

## Presidential Active Lifestyle Awards

### 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")  
Item Code #110



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



**Presidential Active Lifestyle Award Lapel Pin**  
(Actual Size: About 3/4" diameter)  
Item Code #150



**Strip of Stickers**  
For Presidential Active Lifestyle Award Certificates.  
Item Code #120



**Bumper Sticker**  
(Actual Size: 3" x 12")  
Item Code #130

## Presidential Active Lifestyle Set

Complete award set includes one of each: Emblem, Certificate and Strip of Stickers  
Item Code #100



# Measure Your Walk or Run Each Day

expect of a beginner. Just as accumulating more than 30 minutes (60 minutes for youth) of activity a day has additional benefits, so does accumulating additional steps. You can visit the President's Challenge Web site [www.presidentschallenge.org](http://www.presidentschallenge.org) for more information. For a list of Science Board members, please see page 20.

## 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 8,500 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 your requirement.

Active Lifestyle Log Example:

Week 1	Activities	# of Minutes or Pedometer Steps
Mon	Swimming, Cleaning House	40
Tues	Pedometer	9,000
Wed	Dance Lessons, Walk the Dog	75
Thurs	Pedometer	8,500
Fri	Softball	30
Sat	Bicycling	40
Sun	Hiking with Family	50
Participant Signature _____		Date _____

Step Rationale: The step counts were chosen by the PCPFS Science Board to encourage activity levels attainable by beginners but roughly equivalent to the standards for minutes in physical activity. A 10,000-step standard may be too much to

## President's Challenge Pedometers

**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 TrekLinq  
Item Code #140



The StepLinq  
Item Code #141

## President's Challenge Pedometers

(Actual Size: Each is approximately 2" x 1 1/2")



# 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 inside back cover 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.

## Become an Active Lifestyle Model School

### Entry Form – 2006–2007 Active Lifestyle Model School Award

Complete the following information:

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

Address \_\_\_\_\_

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

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

Type of School (Check all that apply)

- Elementary    Jr. High    Public    Home School  
 Middle    Sr. High    Private

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 1, 2007 or the last official day of school, if earlier.

	Boys	Girls	Total
A.	<input type="text"/>	<input type="text"/>	<input type="text"/>
Enter figures here			

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

	Boys	Girls	Total
B.	<input type="text"/>	<input type="text"/>	<input type="text"/>
Enter figures here			

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

C.	<input type="text"/>
Enter total % here	

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

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

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 \_\_\_\_\_

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



MODEL SCHOOL 06-07

### The award

To thank you for your commitment to physical activity, 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 2006–2007 school year, your application must be postmarked no later than July 1, 2007.

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 (online only)

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 youth 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).

## 1. Choose an activity.

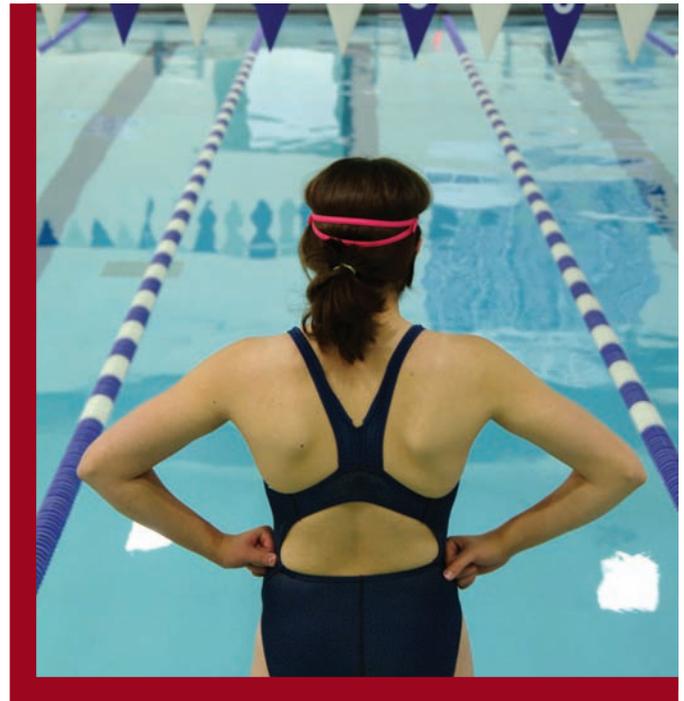
Select activities that you enjoy and make you feel good. For example, you could go running, walk the dog or participate in martial arts. You can take the Challenge by yourself, or together with friends and family.

## 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. 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. For those seeking a new challenge, keep logging your activity and work your way toward the Platinum! Visit the Web site for details on this award level.

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.

## Presidential Champions 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.



Item Code #230

Item Code #231

Item Code #232

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



**Presidential Champions Medallions (Gold, Silver, Bronze)**  
(Actual Size: About 2 1/2" diameter)  
Item Code #200 (Gold)  
Item Code #201 (Silver)  
Item Code #202 (Bronze)

**Presidential Champions Lapel Pins (Gold, Silver, Bronze)**  
(Actual Size: About 7/8" diameter)  
Item Code #210 (Gold)  
Item Code #211 (Silver)  
Item Code #212 (Bronze)

**Presidential Champions Ribbons (Gold, Silver, Bronze)**  
(Actual Size: 2" x 7 1/2")  
Item Code #220 (Gold)  
Item Code #221 (Silver)  
Item Code #222 (Bronze)



## Presidential Champions Set

Complete award set includes one of each: Medallion, Lapel Pin, Ribbon and Certificate  
Item Code #240 (Gold), Item Code #241 (Silver), Item Code #242 (Bronze)

# The Physical Fitness Program

This program helps assess the current fitness level of youth ages 6–17, and offers awards to encourage them to stay active. Remember – students can try as often as they'd like. All Students are winners in the President's Challenge.

## 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 the three awards listed below.

## Physical Fitness Program Awards



**Presidential Physical Fitness Award Emblem + Magnet**

(Actual Size: About 3" diameter)  
Emblem Item Codes #001-013  
Magnet Item Code #041

### The Presidential Physical Fitness Award

This award recognizes youth who achieve an outstanding level of physical fitness. Boys and girls who score at or above the 85th percentile of qualifying standards on all five events are eligible for this award.



**National Physical Fitness Award Emblem + Magnet**

(Actual Size: About 3" diameter)  
Emblem Item Code #020  
Magnet Item Code #042

### 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.



**Participant Physical Fitness Award Emblem + Magnet**

(Actual Size: About 2 1/2" diameter)  
Emblem Item Code #022  
Magnet Item Code #046

### 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.



**Presidential Physical Fitness Certificate**

(Actual Size: 8" x 10")  
Item Code #015



**National Physical Fitness Certificate**

(Actual Size: 8" x 10")  
Item Code #021



**Participant Physical Fitness Certificate**

(Actual Size: 8" x 10")  
Item Code #023



**Bumper Stickers**

(Actual Size: 3" x 12")  
Item Code #043  
(Presidential)  
Item Code #044  
(National)

## 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 the assessment with educational and motivational information.

Before conducting the President's Challenge, or any youth fitness test, you should review and take into consideration each individual's medical status to identify medical, orthopedic, or other health problems.

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 14. Qualifying standards are based on the 1985 National School Population Fitness Survey, with appropriate modifications as referenced.

## Accommodating Students with Disabilities

Students with disabilities or special needs have the right to an individualized physical fitness program. These students can and should be motivated to develop lifetime habits of appropriate physical activity and receive recognition for their achievements in physical fitness. Suggestions for accommodations that permit boys and girls with disabilities, ages 6–17, to be acknowledged for their achievement and to qualify for all President's Challenge awards are available from the NCPAD Web site (see below).

Teachers or fitness leaders may decide that other students without identified disabilities (e.g., asthma sufferers) 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. We rely on the professionals in the field to accommodate those special young people. You know your students the best.

Qualified instructors, using professional judgement, may choose to qualify students for higher award levels 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).

# Fitness File: Track Your Students

Fitness File: Free software to manage student testing

All it takes is three simple steps to keep track of your students' scores on the Physical Fitness or Health Fitness Tests.

## 1. Register as a Challenge Coordinator

- Entering records for students and instructors at your school
- Maintaining up-to-date student and instructor information
- Running fitness testing reports for your school

## 2. Upload Student and Instructor Information

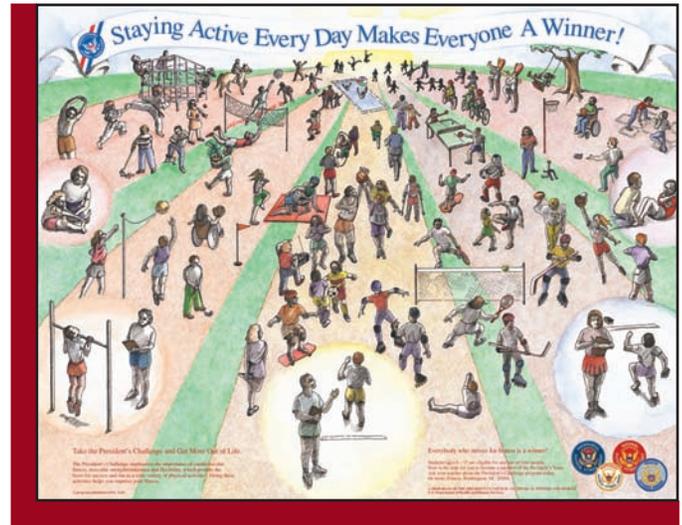
- Input student information either manually or all at once

## 3. Inform Instructors

- Fitness File will send an e-mail to instructors notifying them how to log-in

Instructors conduct fitness tests and determine student awards. Each school can have as many instructors registered as necessary. An instructor's responsibilities include:

- Setting up the Physical Fitness or Health Fitness program
- Recording students' test scores



1996

- Running fitness testing reports for your school
- **Individualized** reporting: you can add your professional comments to each student's Fitness File form

To see how easy Fitness File can be to use, log on to [www.presidentschallenge.org](http://www.presidentschallenge.org) and follow the links to Fitness File. Students and parents will see exactly what scores were achieved on the test and the report will also include tips for improving fitness levels.

And as always, our free online support is available via e-mail at [preschal@indiana.edu](mailto:preschal@indiana.edu).



# Physical Fitness Test Instructions

## 1. Curl-ups

### Objective

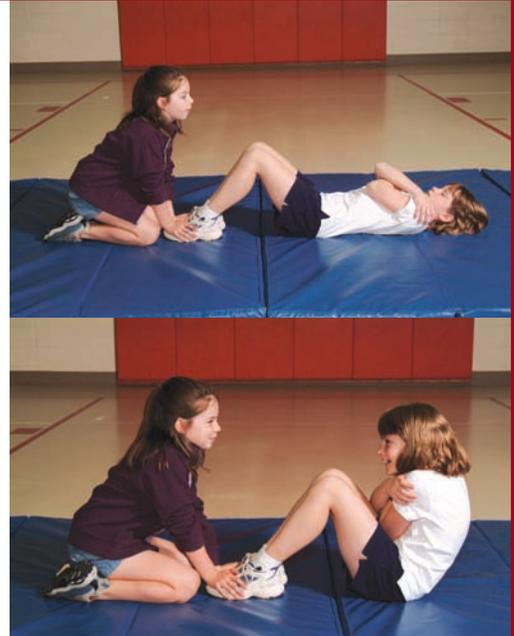
To measure abdominal strength/endurance by maximum number of curl-ups performed in one minute.

### 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 the outside of their forearms and elbows to their 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 14 for qualifying standards.



## OR 1a. Partial Curl-ups

### Objective

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

### Testing

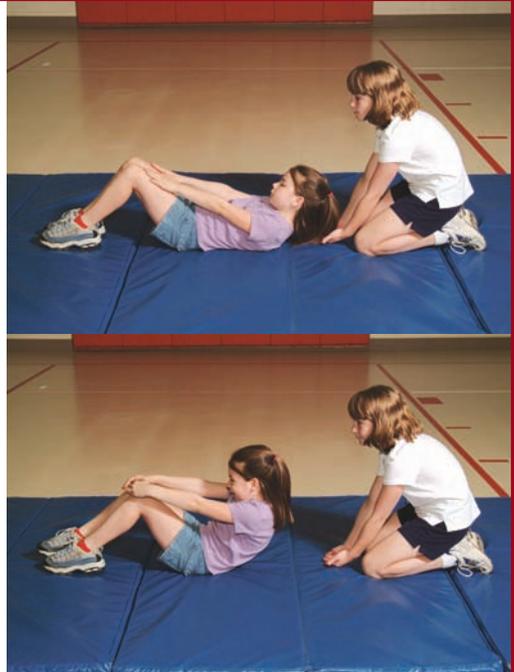
Have student lie on cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. The feet are not held or anchored. Arms are extended forward with fingers resting on the legs and pointing toward the knees. The student's partner is behind the head with hands cupped under the student's 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. The student should remain in motion during the entire three second interval.

### Scoring

Record only those curl-ups done with proper form and in rhythm. See page 14 for qualifying standards.

### Rationale

Partial curl-ups, completed slowly with knees bent and feet not held, are also an indicator of strength and endurance of the abdominal muscles.



## 2. Shuttle Run

### Objective

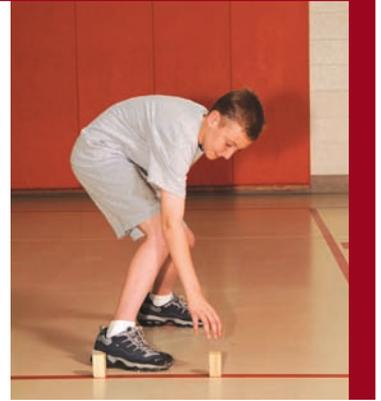
To measure speed and agility.

### 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 the 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 14 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 14 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 provides 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 14 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 prone on the mat in push-up position with hands under shoulders, arms straight, fingers pointed forward, and legs straight, parallel and slightly apart (approximately 2-4 inches) with the toes supporting the feet. Keeping the back and knees straight, the student then lowers the body until there is a 90-degree angle formed at the elbows, upper arms should be 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. The student should remain in motion during the entire three second interval.



### Scoring

Record only those push-ups done with proper form and in rhythm. See page 14 for qualifying standards.

### Rationale

Right angle push-ups provide a good indicator of the range of strength/endurance found in children and youth, whereas some are unable to do any pull-ups. Pull-ups remain an option for those students at higher levels of strength/endurance.

## NEW! Physical Fitness Award Lanyards

Blue, Red and White 36"x½" lanyards with lobster claw for those earning the Presidential, National and Participant Physical Fitness Awards. A great way to reward your students for a job well done!



Item Code #047



Item Code #048



Item Code #049

## 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 14 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 four feet long 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 "O" 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. With hands on top of each other, palms down, the student places them on measuring line. With the legs held flat by a partner, the student slowly reaches forward as far as possible, keeping fingers on the measuring line 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 14 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, the 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 14 for qualifying standards.



## Every BODY is a Winner in Fitness

### Qualifying Standards for all students – 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 National 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)	OR	Partial* Curl-Ups (#)	Shuttle Run (seconds)	V-Sit Reach (inches)	OR	Sit and Reach (centimeters)	One-Mile Run (min:sec)	Distance Options**		Pull-Ups (#)	OR	Rt. Angle Push-Ups (#)		
										(min:sec) 1/4 mile	(min:sec) 1/2 mile					
BOYS	6	33		22	12.1	+3.5		31	10:15		1:55		2		9	
	7	36		24	11.5	+3.5		30	09:22		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			3:30		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		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		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	

\*Chart reflects 85th percentile of scores that students must reach.

### 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 National 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)	OR	Partial* Curl-Ups (#)	Shuttle Run (seconds)	V-Sit Reach (inches)	OR	Sit and Reach (centimeters)	One-Mile Run (min:sec)	Distance Options**		Pull-Ups (#)	OR	Rt. Angle Push-Ups (#)	OR	Flexed- Arm Hang (sec)	
										(min:sec) 1/4 mile	(min:sec) 1/2 mile						
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				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				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. \*Chart reflects 50th percentile of scores that students must reach for the National Physical Fitness Award.

### The Participant Physical Fitness Award

Those who attempt all five events, but have one or more scores 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 "Teachers" and choose the "download" option.

# Become a Physical Fitness State Champion School

## Entry Form – 2006–2007 State Champion Physical Fitness Award

Complete the following information:

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

Address \_\_\_\_\_

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

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

Type of School (Check all that apply)

- Elementary     Jr. High     Public     Home School  
 Middle     Sr. High     Private

### Deadline:

Entries must be postmarked by **July 1, 2007**. No entries will be processed after this deadline.

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 1, 2007 or the last official day of school, if earlier. \*This includes any 6 year olds in kindergarten.

Category		
Circle one		
I	II	III
Boys	Girls	Total
A.	<input type="text"/>	<input type="text"/>
	Enter figures here	

B. Total number qualifying for Presidential Award: Number of pupils qualifying for the Presidential Physical Fitness Award during the 2006–2007 school year.

Boys	Girls	Total
B.	<input type="text"/>	<input type="text"/>
	Enter figures here	

C. Percentage: Divide total eligible enrollment figure (A) into Total Number Qualifying (B)

C.	<input type="text"/>
	Enter total % here

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

### 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 \_\_\_\_\_

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 \_\_\_\_\_

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



### The award

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.

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 and a certificate of recognition. These awards are provided free of charge.

**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 2006–2007 school year, award entries must be postmarked no later than July 1, 2007.

1. Complete your President's Challenge testing for the 2006–2007 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 Award

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



Youth can earn the Health Fitness Award by meeting the qualifying standards in each of the 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 (BMI).

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).

## Health Fitness Test Items

Use criterion referenced standards listed on this page.

1. Partial Curl-ups (page 10)
2. Endurance Run/Walk with distance option (page 11)
3. V-Sit Reach or Sit and Reach option (page 13)
4. Right Angle Push-ups or Pull-ups option (page 12)
5. Body Mass Index (BMI)

**Objective:** To estimate body composition.

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

**Testing:** Determine total body weight (kilograms) and height (meters). Use table on Web site to convert to BMI, or use formula:

$$\text{Wt (kg)} / \text{Ht (m)}^2 \quad \text{Wt [2.2 lbs=1 kg]} \quad \text{Ht [1 inch=0.0254 m]}$$

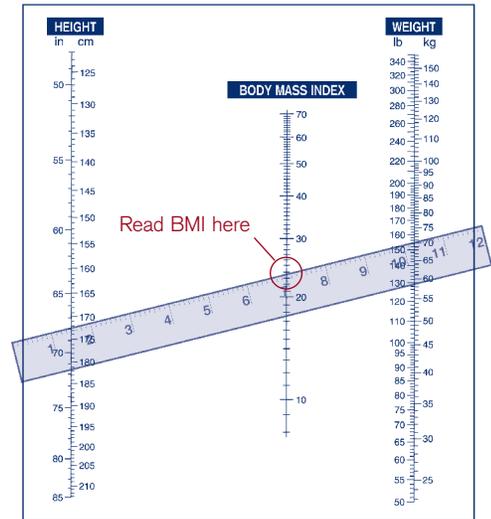
*Example:* A 16 year-old boy weighing 154 pounds (70 kg), and 68 inches tall (1.727 meters) has a BMI of:

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

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.

## Calculate Body Mass Index

Use the chart below or our online BMI calculator at [www.presidentschallenge.org](http://www.presidentschallenge.org) 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.



An active lifestyle helps in maintaining a healthy BMI.

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

## Health Fitness Award

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



Health Fitness Certificate

(Actual Size: 8" x 10")  
Item Code #025



Health Fitness Award Emblem

(Actual Size: About 3" diameter)  
Item Code #024

## Health Fitness Award Standards

	Age	Partial* Curl-Ups (#)	One-Mile Run (min:sec)	Distance Options**		V-Sit Reach (inches)	Sit and Reach (centimeters)	Rt. Angle Push-Ups (#)	Pull-Ups (#)	BMI (range)
				OR	(min:sec) 1/4 mile					
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		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.

# PCPFS Demonstration Center Schools

A PCPFS Physical Activity and Fitness 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



## Why be a PCPFS Demonstration Center School?

PCPFS Demonstration Center schools serve as role models that welcome observation by teachers, administrators and community members who are interested in improved physical education instruction. Your PCPFS Demonstration Center school would be a valuable resource to your community!

## How do schools qualify as PCPFS Demonstration Centers?

If you feel your school is eligible to become a PCPFS 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. All signatures must be obtained in order to qualify.

## How are PCPFS Demonstration Centers recognized?

The President's Council on Physical Fitness and Sports works with the State Coordinator and/or the State Department of Education to certify that the school meets PCPFS Demonstration Center criteria. Once confirmed, the President's Council awards a certificate and flag for each PCPFS 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 PCPFS Demonstration Centers on the President's Challenge Web site and recommend that others visit these schools.

## What is a PCPFS Honor Roll school?

To give all schools an opportunity to qualify, a school may serve as a PCPFS Demonstration Center for no more than three years. But that shouldn't mean an end to quality school physical activity and fitness programs.

Schools that have served as PCPFS Demonstration Centers for three years and still meet President's Council and state criteria may be recommended for the PCPFS Honor Roll.

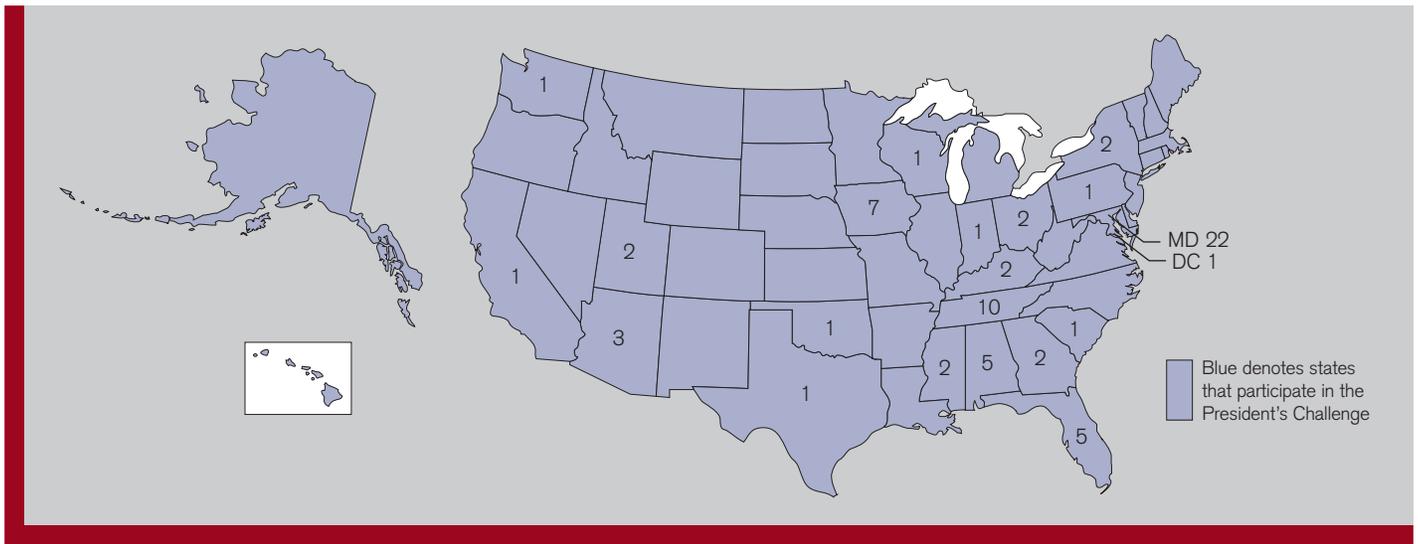
The State Coordinator makes the recommendation for honor roll status. These schools will receive a special certificate signifying their tenure and be listed as PCPFS Honor Roll schools on the President's Challenge Web site.

## ACSM Members Volunteer to Serve as State Coordinators



To promote active and healthy lifestyles, the President's Council on Physical Fitness and Sports is working with the American College of Sports Medicine (ACSM) to identify additional State Coordinators

and PCPFS Demonstration Centers that provide quality physical education programs for students in all 50 states. Please visit: [http://www.presidentschallenge.org/educators/school\\_recognition/demo\\_center.aspx](http://www.presidentschallenge.org/educators/school_recognition/demo_center.aspx) to view the most current list of PCPFS Demonstration Center Coordinators in America.



## Get Your PCPFS Demo Center Flag

The numbers depicted in the map represent the number of PCPFS Demonstration Center schools located in each state to date (July, 2006). The President's Council on Physical Fitness and Sports and the American College of Sports Medicine are committed to revitalizing the PCPFS Demonstration Center program and need your assistance in identifying schools who have quality physical education programs. Help us encourage, promote, and recognize model physical activity and fitness programs in schools while gaining national recognition for your hard work. For an updated list of all PCPFS Demonstration Center schools in America please visit [http://www.presidentschallenge.org/educators/school\\_recognition/demo\\_center\\_list.aspx](http://www.presidentschallenge.org/educators/school_recognition/demo_center_list.aspx)

### The number of Schools in each state that are Demonstration Centers (as of July, 2006):

Alabama: 5	New York: 2
Arizona: 3	Ohio: 2
California: 1	Oklahoma: 1
District of Columbia: 1	Pennsylvania: 1
Florida: 5	South Carolina: 1
Georgia: 2	Tennessee: 10
Indiana: 1	Texas: 1
Iowa: 7	Utah: 2
Kentucky: 2	Washington: 1
Maryland: 22	Wisconsin: 1
Mississippi: 2	

# President's Council on Physical Fitness and Sports

## PCPFS Chairman

John P. Burke

## PCPFS Vice Chair

Dorothy G. "Dot" Richardson, M.D.

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Jerry Noyce

Mary Lou Retton

Andy Roddick

W. Edgar Welden

## Executive Director

Melissa Johnson, M.S.



# Professional Recognition and Guidance

## 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.

Don Franks, Ph.D.

Robert Pangrazi, Ph.D.

Margaret Jo Safrit, Ph.D.

Wynn F. Updyke, Ph.D.

### 2004

Steven N. Blair, P.E.D.

### 2005

Timothy G. Lohman, Ph.D.

### 2006

Sharon A. Plowman, Ph.D.

To nominate someone for the PCPFS Honor Award, and for additional information about the award, see [www.presidentschallenge.org](http://www.presidentschallenge.org) or [www.fitness.gov](http://www.fitness.gov).

## 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 advise the PCPFS as requested to ensure scientifically sound programs and to 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.

Ed Howley, Ph.D., Chair (2006)

Deborah Young, Ph. D., Chair Elect (2007)

## Members

Barbara Ainsworth, Ph.D.

Doris Corbett, Ph.D.

Robert Karch, Ed.D.

Amelia Lee, Ph.D.

T.L. "Tedd" Mitchell, M.D. (PCPFS Member Liaison)

James Morrow, Ph.D., Past Chair (2005)

Robert Pangrazi, Ph.D.

Russell Pate, Ph.D.

Maureen Weiss, Ph. D.

Weimo Zhu, Ph.D.

## Past Members

Charles Corbin, Ph.D., Past Chair (2004)

Margaret Safrit, Ph. D.



*Special thanks to Barbara Ainsworth, Robert Pangrazi and Deborah Young for serving as co-editors of the PCPFS Research Digest.*

# Wear and Promote the President's Challenge at Your School or Organization



**Performance Short Sleeve T-Shirt**

Short Sleeve, 100% polyester with 3M™ moisture management. Navy with white silk-screened President's Challenge logo on left chest. This model is oversized, please order one size smaller than normal.

Adult: S-XXL  
Item Code #092

Youth: Medium-Large  
Item Code #292



**President's Challenge Ladies Scoop Neck Shirt**

White cotton with 5% spandex for a great fit. Embroidered with navy text "The President's Challenge" on left chest.

Adult: S-XL  
Item Code #094



**Performance Long Sleeve Mock T-Shirt**

Long Sleeve, 100% polyester with 3M™ moisture management. Black with white silk-screened President's Challenge logo on left chest. This model is oversized, please order one size smaller than normal.

Adult: S-XXL  
Item Code #093

Youth: Medium-Large  
Item Code #293



**President's Challenge Sport Pack**

Navy, 17" x 18" nylon mesh sport bag w/drawstring closure.

Item Code #301



**President's Challenge Men's Sport Shirt**

White mesh knit polo-style shirt w/black trim and President's Challenge logo on left chest.

Adult: S-XXL  
Item Code #098

# Award T-shirts



### Presidential Champions T-Shirts

White or grey with silkscreened logo on chest (Gold, Silver, Bronze).

Adult: Small-XXL  
 Item Code #250 (Gold)  
 Item Code #260 (Silver)  
 Item Code #270 (Bronze)

Youth: Medium-Large  
 Item Code #251 (Gold)  
 Item Code #261 (Silver)  
 Item Code #271 (Bronze)



### Presidential Active Lifestyle Award T-Shirt

Oxford grey with silkscreened logo on chest.

Adult: Small-XXL  
 Item Code #065

Youth: Medium-Large  
 Item Code #066



### Health Fitness Award T-Shirt

Navy blue with silkscreened logo on chest.

Adult: Small-XXL  
 Item Code #080

Youth: Medium-Large  
 Item Code #081

NOTE: All t-shirts are 100% preshrunk cotton. Presidential'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



**Presidential Physical Fitness Award T-Shirt**  
 Royal blue with silkscreened logo on chest.  
 Adult: Small-XXL  
 Item Code #070  
 Youth: Medium-Large  
 Item Code #071

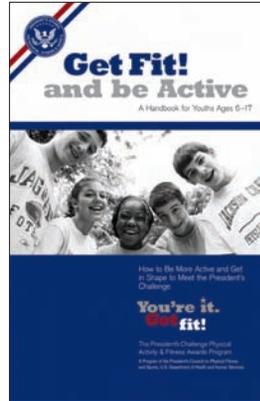


**National Physical Fitness Award T-Shirt**  
 Red with silkscreened logo on chest.  
 Adult: Small-XXL  
 Item Code #072  
 Youth: Medium-Large  
 Item Code #073

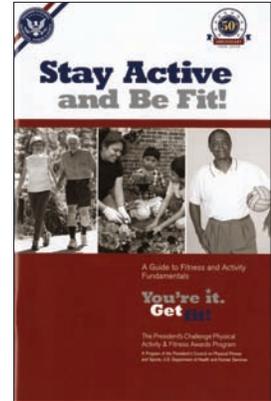


**Participant Physical Fitness Award T-Shirt**  
 White with silkscreened logo on chest.  
 Adult: Small-XXL  
 Item Code #074  
 Youth: Medium-Large  
 Item Code #075

## Additional Items



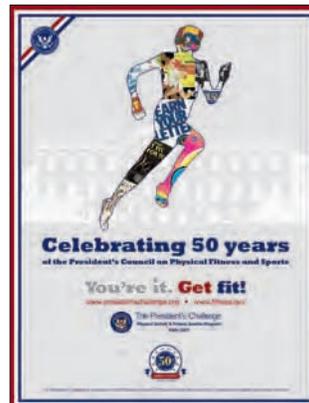
**Get Fit! Handbook for Youth Ages 6-17**  
 (Actual Size: 5 1/2" x 8 1/2")  
 Item Code #060 or #061



**Stay Active and Be Fit! Handbook for Adults**  
 (Actual Size: 5 1/2" x 8 1/2")  
 Item Code #062 or #063



**Physical Fitness Slide Chart for the Physical Fitness Program**  
 (Actual Size: 4" x 9")  
 Item Code #045



**2006-2007 Poster**  
 (Actual Size: 17" x 22")  
 Item Code #050



**Instructor's Emblem**  
 For those who administer the President's Challenge Program.  
 (Actual Size: About 3 3/4" diameter)  
 Item Code #040

**Awards Wall Chart for the Physical Fitness and Health Fitness Programs**  
 (Actual Size: 16 1/2" x 22 3/4")  
 Item Code #051

# The President's Challenge Order Form 2006-2007

## Ship to:

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

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

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

City \_\_\_\_\_

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

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

Phone Number (\_\_\_\_\_) \_\_\_\_\_

Check to be added to our e-mail list.

## Billing Address (if different than above):

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

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

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

City \_\_\_\_\_

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

Phone Number (\_\_\_\_\_) \_\_\_\_\_

Check/Money Order

# \_\_\_\_\_

Bill us (institutional purchase orders only)

Card # \_\_\_\_\_

Exp. Date: \_\_\_\_/\_\_\_\_ Security Code \_\_\_\_\_

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  
 Home School  Not a school (skip to question 5)

2. School or agency classification:  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 youth 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)

Direct Mail  Contact by Phone

TV  Newspaper  Magazine

National Convention  Fellow teacher/administrator

Professional Association  World Wide Web

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	Bronze (202)	Silver (201)	Gold (200)	202		Bronze 5.00						
				201		Silver 5.50						
				200		Gold 6.00						
Presidential Champions Lapel Pin	Bronze (212)	Silver (211)	Gold (210)	212		Bronze 2.50						
				211		Silver 2.75						
				210		Gold 3.00						
Presidential Champions Ribbon	Bronze (222)	Silver (221)	Gold (220)	222		Bronze 0.80						
				221		Silver 0.90						
				220		Gold 1.00						
Presidential Champions Certificate	Bronze (232)	Silver (231)	Gold (230)	232		Bronze 0.50						
				231		Silver 0.65						
				230		Gold 0.75						
Presidential Champions Set	Bronze (242)	Silver (241)	Gold (240)	242		Bronze 8.00						
				241		Silver 8.50						
				240		Gold 9.00						
<b>Presidential Emblems:</b>												
1st Year (001)	5th Year (005)	9th Year (009)	No Numeral (013)	001		1st 1.50						
2nd Year (002)	6th Year (006)	10th Year (010)		002		2nd 1.50						
3rd Year (003)	7th Year (007)	11th Year (011)		003		3rd 1.50						
4th Year (004)	8th Year (008)	12th Year (012)		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				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				043		.50						
Presidential Bumper Sticker				044		.25						
National Bumper Sticker				044		.25						
Physical Fitness Award Lanyards	Presidential (047)	National (048)	Participant (049)	047		Pres 1.50						
				048		Nat 1.50						
				049		Part 1.50						
<b>Health Fitness Awards:</b> Health Fitness Emblem				024		1.25						
Health Fitness Certificate				025		.25						
Slide Chart				045		3.00						
2006-2007 Poster (17" x 22")				050		1.00						
Awards Wall Chart (161/2" x 223/4")				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! Handbook (Qty of 1-99)				062		1.25						
Adult Get Fit! Handbook (Qty of 100+)				063		1.00						
Apparel	Color	S	M	L	XL	XXL	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 Performance Short Sleeve T-Shirt	Navy						092		13.95	13.95	13.95	13.95
Youth Performance Short Sleeve T-Shirt	Navy						292		13.95	13.95	13.95	13.95
Adult Performance Long Sleeve T-Shirt	Black						093		18.95	18.95	18.95	18.95
Youth Performance Long Sleeve T-Shirt	Black						293		18.95	18.95	18.95	18.95
President's Challenge Men's Sport Shirt	White						098		29.95	29.95	29.95	29.95
President's Challenge Ladies Scoop Neck Shirt	White						094		19.95	19.95	19.95	19.95
President's Challenge Sport Pack	Navy	One Size Fits All					301		9.95	9.95	9.95	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
<b>Shipping &amp; Handling</b>										Sub-Total +		
(Foreign orders must be prepaid in U.S. currency)										Rush Charge (25% of Sub-Total or \$25.00 whichever is greater) +		
Less than \$10.00 \$4.50												
\$10.00-\$24.99 \$5.50												
\$25.00-\$49.99 \$6.50												
\$50.00-\$99.99 \$7.50												
\$100 or more 8% of subtotal												
										Shipping & Handling =		
										GRAND TOTAL		

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

# How to Order

## To order online

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

You can contact us via e-mail at [preschal@indiana.edu](mailto:preschal@indiana.edu).

## 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 (Eastern 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 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

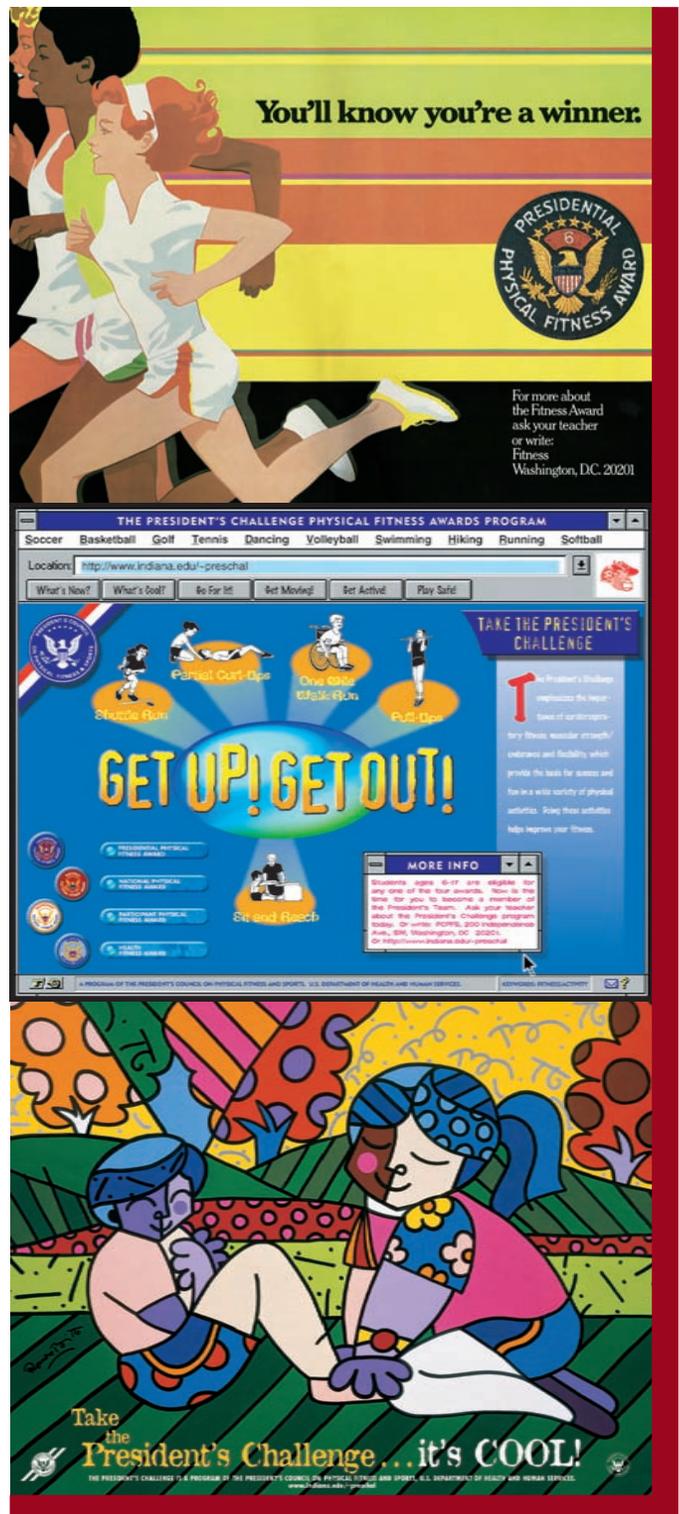
For an extra charge, we can guarantee delivery of your order within 4 business days. To place a rush order, just add 25% of the subtotal or \$25 (whichever is greater) to your subtotal. We'll send your order by FedEx Express Two Day Air or FedEx Ground if the destination is within the 2-day delivery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

## If you're under 18:

When you've earned a Presidential Active Lifestyle 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.



From top: 1978, 1997 and 2000





1999

## Stay Informed

A booklet is provided free to all educators to help them administer the President's Challenge. We encourage the reproduction and distribution of this information. Additional materials for individuals participating only in the Presidential Active Lifestyle Award program or Presidential Champions Award program are available separately. All of this material, and more, can be found on the President's Challenge Web site at [www.presidentschallenge.org](http://www.presidentschallenge.org) and [www.fitness.gov](http://www.fitness.gov).

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.



### The President's Challenge Physical Activity & 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