



# Presidential Active Lifestyle Award

User Guide

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## ABOUT PALA+

The Presidential Active Lifestyle Award (PALA+) is a program of the [President's Council on Fitness, Sports & Nutrition](#). PALA+ promotes physical activity and good nutrition, because it takes both to lead a healthy lifestyle. The 8-week program can help you maintain or improve your health, and is a great way to help manage and reach your health goals.

Participation in PALA+ is one way to move toward the recommendations in the latest [Physical Activity Guidelines for Americans](#) and [Dietary Guidelines for Americans](#). PALA+ can help you:

- Develop a commitment to regular physical activity
- Move toward a healthier eating pattern
- Set realistic goals to encourage good physical activity and healthy eating habits for a lifetime
- Track your progress in a fun, interactive way using SuperTracker's Physical Activity Tracker and Food Tracker.

### Who can participate in PALA+?

PALA+ is a great program for anyone ages six and older.

### How does PALA+ work?

Each week of the program, from Sunday through Saturday, allows you to log your physical activity and food intake as you strive to complete your physical activity and healthy eating goals.

### What are the program goals?

PALA+ promotes physical activity and good nutrition through achievement of specific goals.

- **Physical Activity:** There are two components to the PALA+ physical activity goal – active minutes and active days. Achieve the weekly physical activity goal by earning both.

*Note: The active minutes goal is different for youth (6 to 17 years old) and adults (18 and older) based on the [Physical Activity Guidelines for Americans](#).*

- **Healthy Eating:** With PALA+, participants get the freedom to choose what healthy eating goals they want to work on, which allows users to tailor the program for their specific needs. To be eligible for the PALA+ award, participants must complete at least 6 of the 9 healthy eating goals, including at least 1 of the 3 dietary limit goals, in one week. The healthy eating goals include:
  - Six (6) food or drink goals: Fruits, Vegetables, Grains, Protein Foods, Dairy, and Water
  - Three (3) dietary limit goals: Added Sugars, Saturated Fat, and Sodium

*Note: Individuals with dietary restrictions can still participate in PALA+. See the Healthy Eating Goals section below for more information.*

### How do I complete PALA+?

PALA+ gives users the ability to earn awards in as few as 6 weeks, with an additional award opportunity at the end of the 8-week program.

- In the first 5 weeks, log your food and physical activity to begin a routine and reach as many goals as you can.
- Beginning in week 6, you must reach your weekly physical activity goal and at least 6 of the 9 weekly healthy eating goals, including at least 1 of the dietary limit goals (added sugars, saturated fat, and sodium), to complete the program and earn your award.
- If you need more time to reach your goals, you can try again in weeks 7 and 8.
- **\*NEW\* Earn a PALA+ Premium Award!** Complete the physical activity and healthy eating goal requirements in weeks 6, 7, and 8 on SuperTracker to earn a new PALA+ award for individuals who take an extra step towards establishing healthy habits for a lifetime. The PALA+ Premium Award is achieved upon completion of week 8 if award criteria have been met.

## GETTING STARTED

### Start your PALA+ program

You can start your PALA+ program at any time by clicking the 'Start PALA+' button on the [program landing page](https://www.SuperTracker.usda.gov/PALAPlus.aspx) (<https://www.SuperTracker.usda.gov/PALAPlus.aspx>). After your program begins, you may choose to end your participation at any time by selecting the 'End Program' button that will appear on the PALA+ landing page.

### Weekly structure

Each week of the PALA+ program begins on Sunday and ends on Saturday. Your program will always begin on the first Sunday after you sign-up for the program. After sign-up, your PALA+ landing page will inform you what day your 8-week program will begin and what day it is expected to be completed.

- Preliminary Week: After sign-up, you can begin using the [Food Tracker](#) and [Physical Activity Tracker](#) to learn how the program works. You can also familiarize yourself with the [PALA+ Dashboard](#) and [PALA+ Report](#).
- Weeks 1-5: In the first 5 weeks of the program, you can work towards achieving as many goals as you can. If you don't complete a goal, don't worry – healthy habits are developed over time and you can try again the next week.
- Weeks 6-8: Complete the physical activity goal and 6 of the 9 healthy eating goals, including at least 1 of the dietary limit goals (added sugars, saturated fat, sodium), in the same week to earn your PALA+ and finish the program! If you don't complete the requirements in week 6, try again in week 7 and 8.

**\*NEW\* Earn a PALA+ Premium Award!** Complete the physical activity and healthy eating goal requirements in weeks 6, 7, and 8 on SuperTracker to earn a new PALA+ award for individuals who take an extra step towards establishing healthy habits for a lifetime. The PALA+ Premium Award is awarded upon completion of week 8 if award criteria have been met and the exclusive certificate will appear on your program landing page.

If you are unable to complete the PALA+ requirements before the end of week 8, you may begin the program again by starting a new program from the PALA+ landing page.

Note: Physical activity and food must be logged during the current week to be counted towards your weekly program goals.

### Tracking Physical Activity

Logging physical activity in the Physical Activity Tracker is quick and simple:

- Step 1: Open the [Physical Activity Tracker](#) webpage.
- Step 2: Type in the name of your completed physical activity in the search box and click 'Go.'
- Step 3: Select the physical activity and intensity level that most appropriately matches what you completed.
- Step 4: Enter the duration of minutes that you participated in that physical activity.
- Step 5: Select the days in which you completed that physical activity.
- Step 6: Click Add.

You may also add activities to your favorites list for faster entry, copy activities, import physical activity from your Fitbit, or manually enter your steps walked each day. Please note that steps do not count toward your weekly physical activity goal in PALA+, but logging your activity as walking will count towards the physical activity goal.

### Tracking Food

Logging your food in the Food Tracker is easy to do:

- Step 1: Open the [Food Tracker](#) webpage.
- Step 2: Type in the name of your food consumed in the search box and click 'Go.'
- Step 3: Select the food and preparation that most appropriately matches what you consumed.
- Step 4: Select the portion size and number of portions consumed.
- Step 5: Check the box next to the meal, or meals, for the food.
- Step 6: If you have more than one profile, check the box next to the profile, or profiles, for the food
- Step 7: Select the meal for which you consumed the food.
- Step 8: Click Add.

*Helpful tip: Visit the [SuperTracker User Guide](#) to learn how to copy meals, create combos, and set up a favorite food list in Food Tracker for quicker entry.*

## PHYSICAL ACTIVITY GOAL

An active life is a healthy life. Earning PALA+ is possible for anyone at any fitness level – it just takes commitment. So, take a walk or roll with friends, ride your bike to work or around a park, enroll in a dance class, or play a game of basketball outside. Get your heart pumping and your muscles moving!

There are two components to the PALA+ physical activity goal – active minutes and active days. When you've reached your active minutes and active days for the week – congratulations! You've started a regular routine for a more active lifestyle.

### Youth (ages 6 to 17)

- Active minutes: Youth need to do at least 300 minutes of physical activity each week.
  - Note: The [Physical Activity Guidelines for Americans](#) suggest children and adolescents should do 60 minutes or more of physical activity daily. It is important to encourage youth to perform age-appropriate, variable, and enjoyable physical activity.

- **Active days:** Youth need to be active at least five days a week. An active day is achieved by performing an episode of at least 10 continuous minutes of physical activity.

### Adults (ages 18 and older)

- **Active minutes:** Adults need to do at least 150 minutes of physical activity each week.
- **Active days:** Adults need to be active at least five days a week. An active day is achieved by performing an episode of at least 10 continuous minutes of physical activity.

*Note: Older adults, individuals with disabilities, and individuals with chronic medical conditions may choose to complete PALA+ using the official paper log if they are unable to reach the amounts of physical activity required through online participation. For more information on guidelines for these and other populations, please consult the [Physical Activity Guidelines for Americans](#).*

## HEALTHY EATING GOALS

Start eating healthy – it’s easier than you think! In addition to physical activity, PALA+ includes the healthy eating goals below. To achieve PALA+, you need to meet at least six (6) of the nine (9) weekly healthy eating goals, including at least one (1) of the dietary limit goals (added sugars, saturated fat, and sodium). Focus on your healthy eating goals every week. When you reach a goal – congratulations! You’ve started a routine for a healthier lifestyle.

### Weekly Goals



**Focus on whole fruits:** When choosing foods at meal time, aim to choose whole fruits over fruit juice for extra fiber. Fruits may be fresh, canned, frozen, or dried and may be whole, cut-up, or pureed.

- **Your PALA+ Fruit Goal:** Log at least three whole fruits per week in Food Tracker



**Vary your veggies:** When choosing foods at meal time, select a variety of colorful vegetables to get the vitamins, minerals, and fiber your body needs to be healthy. There are many different ways to eat your vegetables, such as fresh, frozen, or canned. When preparing and eating your veggies, try to limit added salt, butter, or creamy sauces.

- **Your PALA+ Vegetable Goal:** Log at least three vegetables per week in Food Tracker



**Make More of Your Grains Whole:** An easy way to eat more whole grains is to switch from a refined grain food to a whole grain food. For example, eat whole-wheat bread instead of white bread, brown rice instead of white rice, and oatmeal instead of a breakfast pastry. Read the ingredients list and choose products that list a whole-grain ingredient first. These include ingredients like: “whole wheat,” “brown rice,” “bulgur,” “buckwheat,” “oatmeal,” “rolled oats,” “quinoa,” or “wild rice.”

- **Your PALA + Whole Grain Goal:** Log at least three whole grain foods per week in Food Tracker



**Vary Your Protein Routine:** Meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Select leaner cuts of beef and pork and eat turkey and chicken without skin. Grill, roast, poach, or broil instead of frying. Include beans or peas in main dishes. When tracking these foods in SuperTracker, be sure to select “Count as Protein Food” to count them toward your Protein Foods goal.

- **Your PALA+ Lean Protein Goal:** Log at least three lean protein foods or seafood items per week in Food Tracker



**Move to Fat-Free or Low-Fat Dairy:** Dairy products offer calcium, vitamin D, and many other nutrients your body needs. Foods like fat-free or low-fat milk and yogurt, reduced fat or low-fat cheese, and soymilk are part of the dairy group.

- **Your PALA+ Dairy Goal:** Log at least three low-fat or fat-free dairy items per week in Food Tracker



**Drink Water Instead of Sugary Drinks:** Regular soda and other drinks such as fruit drinks and energy drinks can have added sugars. Instead, reach for a tall glass of water. For added flavor, try adding a slice of lemon, lime or watermelon to your glass of water or a splash of 100% juice in sparkling water.

- **Your PALA+ Water Goal:** Log water in place of a sugar-sweetened beverage at least three times per week in Food Tracker

### Dietary Limit Goals



**Limit Added Sugars:** Added sugars include syrups and other caloric sweeteners. When sugars are added to foods and beverages to sweeten them, they add calories without contributing essential nutrients. Consumption of added sugars can make it difficult for individuals to meet their nutrient needs while staying within calorie limits.

- **Your PALA+ Added Sugars Goal:** Keep your average added sugars intake within your added sugars limit in Food Tracker



**Replace Saturated Fats with Unsaturated Fats:** Saturated fats are one type of fat in the foods we eat and the beverages we drink. Most saturated fats come from animal products, like dairy, meat, and poultry. To limit the amount of saturated fats you eat, choose lower-fat dairy and lean options for meat and poultry — like lean beef and grilled chicken breast without the skin. By replacing saturated fats with unsaturated fats, you may lower your risk of getting heart disease.

- **Your PALA+ Saturated Fat Goal:** Keep your average daily saturated fat intake within your saturated fat limit in Food Tracker



**Select Foods With Less Sodium:** Read the Nutrition Facts label to compare sodium in packaged foods like soup, canned vegetables, and frozen meals; choose the foods with lower amounts. Look for “low sodium,” “reduced sodium,” and “no salt added” on food packages.

- **Your PALA+ Sodium Goal:** Keep your average daily sodium intake within your sodium limit in Food Tracker

For more information on healthy eating patterns and how to ensure your diet is meeting your nutritional needs within an appropriate calorie level, please consult the [Dietary Guidelines for Americans](#).

### What if I have dietary restrictions?

The PALA+ program is open to all individuals – even those with dietary restrictions! The PALA+ healthy eating goals are flexible so that users can earn their award in a way that fits their lifestyle. Choose to focus on the goals that work for you. To achieve a PALA+ award, you must meet six (6) of the nine (9) healthy eating goals, including at least one (1) of the dietary limit goals.

If you have questions regarding your ability to complete one or more of the PALA+ healthy eating goals, please consult with your health care provider.

## PALA+ FEATURES

### PALA+ Dashboard

## PALA+ Dashboard

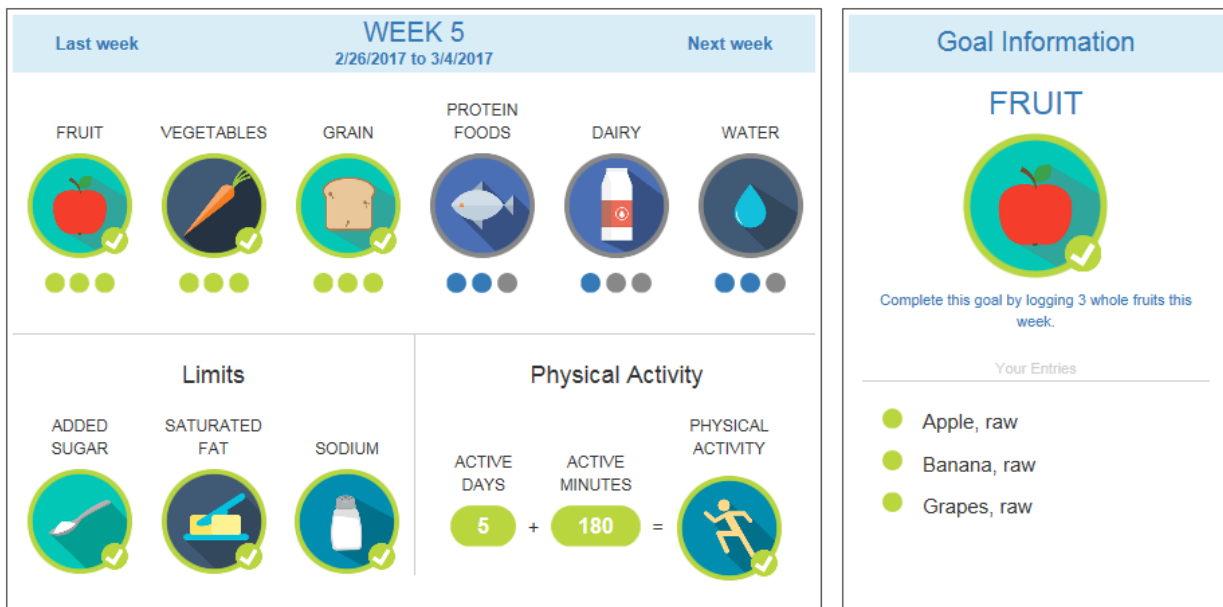


Figure 1 – PALA+ Dashboard



Track your weekly progress towards your PALA+ goals using the [PALA+ Dashboard](#). The dashboard appears once you sign-up for a PALA+ 8-week program and features all 9 healthy eating goals, and the physical activity goal's two components. As you log your activities and food, the dashboard will update from gray to blue to mark your progress towards a goal. Once a goal is reached, a green checkmark will appear in the lower-right corner of the goal icon. The dashboard will update whenever you add or remove physical activity or food that affects your progress towards a goal.

**Note:** Physical activity and food must be logged during the current week to be counted towards your weekly program goals.

### PALA+ Report

## Presidential Active Lifestyle Award (PALA+) Report

Use the PALA+ report to view your progress in the PALA+ program. The report tracks your foods and physical activity that count towards the program goals on a weekly basis. All information from your active or completed PALA+ programs can be accessed.

Export Report As: PDF Excel Word

You will need the free Adobe Acrobat Reader plug-in to view and print the exported PDF files.

Choose Profile: Sarah

Choose Program: 01/29/2017 - 03/25/2017

Expand / Collapse All

[Create Report](#)

### Presidential Active Lifestyle Award (PALA+) Report

#### Sarah's PALA+ Report for 01/29/2017 - 03/25/2017

PALA+ program started on 1/23/2017

PALA+ scheduled to end on 03/25/2017

PALA+ Goals	Week 1 1/29/2017	Week 2 2/5/2017	Week 3 2/12/2017	Week 4 2/19/2017	Week 5 2/26/2017	Week 6 * 2/12/2017	Week 7 * 2/19/2017	Week 8 * 2/26/2017
<input type="checkbox"/> Physical Activity Goal	Active Days: 1 Active Min: 30	Active Days: 3 Active Min: 75	Active Days: 0 Active Min: 0	Active Days: 5 Active Min: 150	Active Days: 5 Active Min: 180	Active Days: 5 Active Min: 160	Active Days: 5 Active Min: 180	Active Days: 5 Active Min: 150
<input type="checkbox"/> Fruits Goal		Apple, raw Orange, raw			Apple, raw Banana, raw Grapes, raw	Peach, raw Fig, raw Kiwi, raw		Plum, raw Applesauce
<input type="checkbox"/> Vegetables Goal		Broccoli, frozen, cooked (no salt or fat added) Bean soup, mixed beans			Green pepper, cooked (no salt or fat added) Carrots, raw	Peas, green, canned, low sodium, no fat added		
<input type="checkbox"/> Grains Goal			✓		✓		✓	
<input type="checkbox"/> Protein Foods Goal		✓				✓		
<input type="checkbox"/> Dairy Goal					✓		✓	
<input type="checkbox"/> Water Goal		✓	✓					
<input type="checkbox"/> Added Sugars Limit			✓	✓	✓	✓	✓	✓
<input type="checkbox"/> Saturated Fat Limit					✓	✓	✓	✓
<input type="checkbox"/> Sodium Limit	✓	✓			✓	✓	✓	✓

\*Complete the physical activity goal and 6 of the 9 healthy eating goals – including 1 of the limit goals – in the same week to earn PALA+! To earn PALA+ Premium, complete the physical activity and healthy eating goal requirements in weeks 6, 7, and 8. Visit the [PALA+ home page](#) for more information on PALA+ Awards.

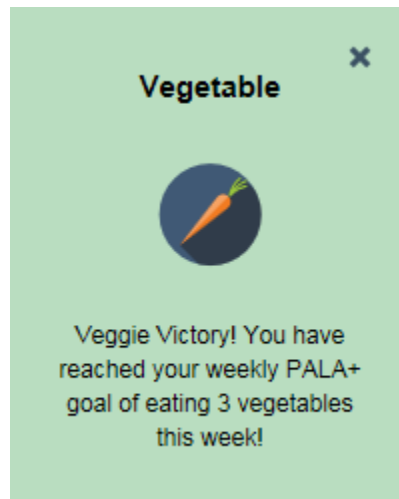
**Quick Links:**

- [PALA+ home page](#)
- [Food Tracker](#)
- [Physical Activity Tracker](#)

Figure 2 – PALA+ Report

Review your overall program progress using the [PALA+ Report](#). The report can be accessed at any time through the SuperTracker 'My Reports' menu. From the report page, you can select the SuperTracker profile and PALA+ program dates you wish to view. Click 'Create Report' to generate a table showing your PALA+ goals achieved – and the logged activities and food that helped you reach them – during each week of the program. You can export the PALA+ Report as a PDF, Excel, or Word document.

### **PALA+ Messages**



**Figure 3** – Sample PALA+ Message

As you complete the PALA+ program, you will notice helpful motivational messages that pop-up when you log your physical activity or food in SuperTracker. These messages will appear in the corner of your SuperTracker screen the first time you log an activity or food that counts towards the PALA+ program goals, as well as when you reach a weekly PALA+ goal. This instantaneous messaging will help you stay aware of your PALA+ program successes. Visit the [dashboard](#) to see your overall progress each week.

## **AWARDS**

The National Foundation on Fitness, Sports & Nutrition proudly offers award and recognition items for earning the Presidential Active Lifestyle Award. Visit the [Foundation website](#) for more information on how you can reward yourself, or recognize your friends, family, or coworkers for their PALA+ achievements!

**PALA+ Award** Have you earned the PALA+ Award on SuperTracker? Visit [Fitness.gov](#) to download and print your free PALA+ certificate from the President's Council on Fitness, Sports & Nutrition.

**\*NEW\* Earn a PALA+ Premium Award!** Complete the physical activity and healthy eating goal requirements in weeks 6, 7, and 8 to earn a new free PALA+ award for individuals who take an extra step towards establishing healthy habits for a lifetime. The PALA+ Premium Award is achieved upon completion of week 8 if award criteria have been met.

## ADDITIONAL RESOURCES

### PALA+ Paper Log

A paper log version of PALA+ is available for download and distribution by visiting [Fitness.gov](https://www.fitness.gov). This alternate way to complete the PALA+ program is great for groups or individuals interested in distributing PALA+ information in a physical form to a wider audience. It is also helpful for those who would like a way to track towards their goals on paper as a supplement to completing PALA+ on SuperTracker.

### Resources to help you reach your PALA+ goals

If you can't finish the PALA+ program goals, you can restart the program as many times as you want on the SuperTracker platform. Simply visit the PALA+ landing page and click the 'Start PALA+' button to create a new 8-week program.

To help you earn the award when you start up again, first identify your barriers to completion, and whether they were physical activity or nutrition related. Then refer to the resources below for more guidance.

#### Physical Activity Resources

Name of Source	Description
<a href="#">Tips for Increasing Physical Activity</a>	From ChooseMyPlate.gov - Provides fun and easy tips on ways to increase physical activity at home, at work, and at play.
<a href="#">#0to60 Physical Activity Tips</a>	From the President's Council on Fitness, Sports, & Nutrition – The fastest way to living healthy starts now! This site contains numerous physical activity related videos and articles that will educate, engage, and empower you to get up and move. Content is created by PCFSN and its partner organizations, such as the American Council on Exercise, USDA, Marathon Kids, <i>Let's Move!</i> Active Schools, and more.
<a href="#">NIH Senior Health</a>	From the National Institute on Aging and the National Institute on Health – Learn the benefits of exercise for older adults, how to get started, exercises to try, and how to stay active.
<a href="#">Physical Activity Guidelines for Americans</a>	From the Office of Disease Prevention and Health Promotion - The Federal Government issued its first-ever Physical Activity Guidelines for Americans in 2008. These guidelines describe the types and amounts of physical activity that offer substantial health benefits to Americans, and guided the creation of the Physical Activity Goals for PALA+.
<a href="#">We Can! (Ways to Enhance Children's Activity &amp; Nutrition)</a>	From the National Institutes of Health's National Heart, Lung, and Blood Institute - The We Can! national education program was created to help children 8 to 13 years old stay at a healthy weight. We Can! provides parents and caregivers with tools, fun activities, and more to help them encourage healthy eating, increased physical activity, and reduced time sitting in front of the screen (TV or computer) for the entire family.

## Nutrition Resources

Name of Source	Description
<a href="#">My Plate, My Wins</a>	From ChooseMyPlate.gov –Provides users with healthy eating solutions to fit their lifestyle. Includes videos, stories from real people, tip sheets, and more.
<a href="#">#0to60 Nutrition Tips</a>	From the President’s Council on Fitness, Sports, & Nutrition – The fastest way to living healthy starts now! This site contains numerous nutrition related recipes and articles that will educate, engage, and empower you to get up and move. Content is created by PCFSN and its partner organizations, such as the American Council on Exercise, USDA, Marathon Kids, Let’s Move! Active Schools, and more.
<a href="#">Fruit and Veggies – More Matters</a>	From the Produce for a Better Health Foundation and the Centers for Disease Control & Prevention (CDC) - This health initiative inspires consumers to eat more fruits and vegetables by providing helpful resources, such as a recipe finder, guides to in season produce, videos, meal planning support, and more.
<a href="#">Dietary Guidelines for Americans</a>	From the U.S. Department of Health and Human Services and U.S. Department of Agriculture - The Dietary Guidelines for Americans provide evidence-based nutrition information and advice for people age two and older to help Americans make smart choices about food and physical activity so they can live healthier lives. The latest edition of these guidelines informed the creation of the nutrition goals for PALA+.
<a href="#">We Can! Ways to Enhance Childrens Activity &amp; Nutrition’s “Eat Right” page</a>	From the National Institutes of Health's National Heart, Lung, and Blood Institute - The We Can! national education program was created to help children 8 to 13 years old stay at a healthy weight. We Can! provides parents and caregivers with tools, fun activities, and more to help them encourage healthy eating, including parent tip sheets, handbooks, recipes, and more.

Finally, remember that there is power in numbers! Enlist a friend, family member, or colleague to help you stay accountable to your goals. You can also seek out the help of a health care professional, such as a physician or registered dietitian, or a certified personal trainer for expert advice.