**Presidential Active Lifestyle Award Log**

**Assessment: 10 points**

**Outcomes:** Organize and implement a fitness plan based on the FITT Principle.

**Directions:** The Presidential Active Lifestyle Award program is one way to meet the Physical Activity Guidelines for Americans. Be physically active each day and log your activity on the chart. To achieve the award be active at least 5 days a week at least 60 minutes a day totaling 300 min. per week. You may also use pedometer steps. Girls should log at least 11,000 per day and boys should log at least 13,000 steps per day to earn the award. **To earn your 10 points: You must have the chart completed but you do not have to achieve the award to earn your 10 points.**

**FITT Principle**

**F- Frequency: how often you exercise- strive for everyday**

**I- Intensity: how hard you exercise- monitor your heart rate during exercise**

**T- Time: how long is each session- strive for 60 min. a day**

**T- Type: what component of fitness are you working- strive for all components of fitness**