

President's Council on Physical Fitness and Sports

<http://www.presidentschallenge.org/>

The screenshot shows a Microsoft Internet Explorer browser window displaying the website for The President's Challenge. The browser's address bar shows the URL <http://www.presidentschallenge.org/>. The website header includes the logo and the text "THE PRESIDENT'S CHALLENGE" along with a "Log-in" button. The main content area features a large photograph of a smiling young boy in the foreground and other children in the background. To the right of the photo, the text reads "You're it. Get fit!" with "Get fit!" in a larger, bold font. Below this, a paragraph states: "It only takes a small change. Instead of telling yourself you can't, tell yourself you can." Another paragraph explains: "The President's Challenge is a program that encourages all Americans to make being active part of their everyday lives. No matter what your activity and fitness level, the President's Challenge can help motivate you to improve." Below the text, a section titled "To get started, select a group that fits you best:" contains four buttons labeled "KIDS", "TEENS", "ADULTS", and "SENIORS". Each button has a small image of a person representing that age group. At the bottom of the page, there is a link for "TEACHERS > Everything schools & communities need to take the challenge". The browser's taskbar at the bottom shows several open windows, including "Inicio", "Pedro Angel Lopez Min...", "PAGINAS E LEARNING ...", and "The President's Cha...". The system clock in the bottom right corner shows the time as 14:09.

Selecciona LA OPCIÓN PARA ADULTOS.

The President's Challenge - Adults - Microsoft Internet Explorer proporcionado por UCAM

Archivo Edición Ver Favoritos Herramientas Ayuda

← Atrás → Búsqueda Favoritos Historial

Dirección http://www.presidentschallenge.org/home_adults.aspx Ir a Vínculos >>


What you get out of fitness starts with what you put in.

- ▣ **THE CHALLENGE**
More about the programs & how to get started.
- ▣ **EARN AWARDS**
Earn awards for meeting your goals.
- ▣ **MY ACTIVITY LOG**
Track your progress online and see how you're doing.
- ▣ **TOOLS TO HELP**
Fitness calculators & fresh ideas to help you improve.
- ▣ **THE PRESIDENT'S COUNCIL**
Chosen by the President to serve as ambassadors to fitness.
- ▣ **ORDER CENTER**
Order awards, cool merchandise, and more.

How fit are you?

Find out now with our BMI calculator

Getting Started!



We know you're busy. Really busy. But finding time for fitness is easy - if you know where to look. We'll help you find a program that's right for you, with activities you like. Because the best way to stay active is to have fun doing it.

Active Lifestyle
If you're active less than 30 min. a day, 5 times a week and want to improve, this program is for you. [> find out more](#)

Presidential Champions
If you're already active and want a new challenge, this program is for you. [> find out more](#)

Be a Part of a Group
Join a program along with friends, family, or co-workers and take the President's Challenge together. [> find out more](#)

Sign me up!

http://www.presidentschallenge.org/the_challenge/joining_a_group.aspx Internet

Inicio Pedro Angel Lopez Min... PAGINAS E LEARNING ... The President's Cha... 14:10

SELECCIONA LA OPCIÓN “ACTIVE LIFESTYLE”

The President's Challenge - Active Lifestyle Program - Microsoft Internet Explorer proporcionado por UCAM

Archivo Edición Ver Favoritos Herramientas Ayuda

← Atrás → Búsqueda Favoritos Historial

Dirección http://www.presidentschallenge.org/the_challenge/active_lifestyle.aspx Ir a Vínculos >>

- ▣ **THE CHALLENGE**
 - Benefits of fitness
 - Active Lifestyle program
 - [>Program rules](#)
 - Presidential Champions
 - Join a group
 - Featured Activities
- ▣ **EARN AWARDS**
- ▣ **MY ACTIVITY LOG**
- ▣ **TOOLS TO HELP**
- ▣ **THE PRESIDENT'S COUNCIL**
- ▣ **ORDER CENTER**



Taking part in the Active Lifestyle program.

If you're active less than 30 minutes a day/5 days a week (or 60 minutes a day for youths under 18), this program is for you.

The Active Lifestyle program shows you how to make a commitment to staying active and how to stick to it. The program helps you set realistic goals to encourage fitness for a lifetime. The rules are simple. You can choose from all kinds of activities. We'll also give you a personal activity log to guide you every step of the way.

Because your hard work shouldn't go unrecognized, you can also earn awards. You can earn the Presidential Active Lifestyle Award (PALA) by performing regular activity beyond your daily activity goal of (30 minutes a day for adults/60 minutes a day for youths under 18) at least 5 days per week, for a total of 6 weeks. As an alternative you can count your daily activity steps using a pedometer.

That means if you stick with the program, you can earn an award in a little over a month. So what are you waiting for?

Sign me up!

Listo Internet

Inicio Pedro Angel Lopez Min... PAGINAS E LEARNING ... The President's Cha... 14:10

PINCHA EN “SIGN ME UP”

The President's Challenge - Register - Microsoft Internet Explorer proporcionado por UCAM

Archivo Edición Ver Favoritos Herramientas Ayuda

← Atrás → Búsqueda Favoritos Historial

Dirección http://www.presidentschallenge.org/login/register_individual.aspx Ir a Vínculos >>

- THE CHALLENGE
- EARN AWARDS
- MY ACTIVITY LOG
- TOOLS TO HELP
- THE PRESIDENT'S COUNCIL
- ORDER CENTER

Register Here

Congratulations on deciding to get started! To create your activity log, you need to register first. We'll only use the information you give us for tracking your goals and progress - or for improving the way the programs work. **Please note:** We will not share your personal information outside the President's Challenge and you can unsubscribe at any time.

YOUR LOG-IN INFORMATION * Required Fields

* Choose a USER NAME:

* Choose a PASSWORD:

* Confirm PASSWORD:

PASSWORD Hint: If you ever forget your password, this hint will help remind you. Make sure to choose a question that only you can answer.

* Select question:

* Please type answer:

ARE YOU A PART OF A GROUP?

If you're registering as part of a group and already know your group information, enter it here.

Internet

Inicio Pedro Angel Lopez Min... PAGINAS E LEARNING ... The President's Cha... 14:11

INTRODUCE LOS DATOS QUE SE PIDEN

The President's Challenge - Register - Microsoft Internet Explorer proporcionado por UCAM

Archivo Edición Ver Favoritos Herramientas Ayuda

← Atrás → Búsqueda Favoritos Historial

Dirección http://www.presidentschallenge.org/login/register_individual.aspx Ir a Vínculos >>

YOUR PERSONAL INFORMATION

Email address:
Encouraged for everyone 14 years or older. [Why?](#)

* Your birth date:

* Your gender: male female

Unit: US/English Metric

Your weight: lbs/kg

Your height: ft./m. in./cm.

* City:

* State/Territory:
Required for US Residents

* Zip/Postal Code:

* Country:

Are you a student? Yes No

Continue > Cancel

Internet

Inicio Pedro Angel Lopez Min... PAGINAS E LEARNING ... The President's Cha... 14:12

INTRODUCE EN LOG-IN EL USER NAME Y PASSWORD QUE HAS SELECCIONADO (Atención a la flecha: creación de grupos).

Log-in

To go straight to your activity log, just fill in your user name and password below.
[\[Not registered yet?\]](#)

Enter your **USER NAME**:

Enter your **PASSWORD**:
[I forgot my password.](#)

Not registered yet?

Individuals
To track your activities online, you'll need to [register as an individual](#).

Group Administrators
To create or administer a group, head straight for [group administration](#).

Need more information?
If you're not ready to register just yet, [learn more](#) about the President's Challenge.

ENCONTRARÁS ESTA PÁGINA. EN "HOME" TENDRÁS DATOS DE LO QUE VAS INTRODUCIENDO EN EL SISTEMA.

HOME LOG YOUR ACTIVITY REVIEW PROGRESS COMPARE WITH OTHERS YOUR AWARDS YOUR GROUPS EDIT YOUR PROFILE HELP

Welcome to your dashboard, paminarro !
[If you are not paminarro , [click here](#)]

[[Join a partner program](#)]

You belong to the following group(s):
[[view groups](#)]

You've achieved the following award(s):
[[view awards](#)]

Keep us up to date:
Your current weight: 74 kg
Your current height: 1 m 72 cm
[[edit profile](#)]

My Favorites

- Weight Training
- Aerobics

Active Lifestyle Progress to Date

Activity for this week in the Active Lifestyle Program:

Day 1: 80 min. **Well done!**
Day 2: 0 min.
Day 3: 0 min.
Day 4: 0 min.
Day 5: 0 min.
Day 6: 0 min.
Day 7: 0 min.

Only 4 more days needed for this week.

Week 1 Week 2 Week 3
Week 4 Week 5 Week 6 Week 7 Week 8

6 completed stars make you eligible for an Active Lifestyle Award. You need just 6 more!

EN “LOG YOUR ACTIVITY”, INTRODUCIRÁS LO QUE HAS HECHO CADA DÍA. LA FORMA DE HACERLO DEBES DESCUBRIRLO. ES MUY FÁCIL.

The President's Challenge - Log Your Activity - Microsoft Internet Explorer proporcionado por UCAM

Archivo Edición Ver Favoritos Herramientas Ayuda

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Dirección http://www.presidentschallenge.org/activity_log/log.aspx

HOME **LOG YOUR ACTIVITY** REVIEW PROGRESS COMPARE WITH OTHERS YOUR AWARDS YOUR GROUPS EDIT YOUR PROFILE HELP

Log Your Activity

[If you are not paminarro , [click here](#)]

All set to log your latest activities?
Just use the pull-down menus below to give us all the details. Then it's time to get back out there and find something else to do!

Enter Activity:

Date of Activity: 9 / 6 / 2005

Type of Activity: Adult Favorites Entire List My Favorites

Activity List: Weight Training

Activity Level: Moderate

Time Length: 00 hrs. 45 mins.

To delete a Log Entry: Click on the appropriate Week number below, then delete the entry from the list.

Active Lifestyle Progress to Date

Activity for this week in the Active Lifestyle Program:

Day 1: 125 min. Well Done!

Day 2: 0 min.

Day 3: 0 min.

Day 4: 0 min.

Day 5: 0 min.

Day 6: 0 min.

Day 7: 0 min.

Only 4 more days needed for this week.

Week 1 Week 2 Week 3

Week 4 Week 5 Week 6 Week 7 Week 8

6 completed stars make you eligible for an Active Lifestyle Award. You need just 6 more!

Listo Internet

Y PODRÁS REVISAR LO QUE HAS HECHO EN REVIEW PROGRESS. POR FECHA Y PERÍODOS DE TIEMPO.

The President's Challenge - Review Progress - Microsoft Internet Explorer proporcionado por UCAM

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Dirección http://www.presidentschallenge.org/activity_log/progress.aspx

HOME LOG YOUR ACTIVITY **REVIEW PROGRESS** COMPARE WITH OTHERS YOUR AWARDS YOUR GROUPS EDIT YOUR PROFILE HELP

Review Your Progress

[If you are not paminarro , [click here](#)]

See how much progress you've made.
Every now and then, you might want to look back at activities you've already logged. This can show areas where you've improved - and where you'd like to do better. You can even review your entire activity log.

From: 9 / 6 / 2005

To: 9 / 6 / 2005

Activity Type: All Activities

[\[View All\]](#)

Total Points:660

| Date | Activity | Description | Duration | Points |
|------------|-----------------|-------------|---------------|--------|
| 09-06-2005 | Weight Training | Vigorous | 0 Hr. 50 Min. | 290 |
| 09-06-2005 | Aerobics | Light | 0 Hr. 30 Min. | 174 |
| 09-06-2005 | Weight Training | Moderate | 0 Hr. 45 Min. | 196 |

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<< [The President's Challenge](#)

Listo Internet