



Let's Move! in Indian Country Physical Activity Challenge

Registering for the Challenge is easy and it's great for everyone's health!

Just follow the instructions below to register, complete the Challenge, and report the number of participants who achieved the Presidential Active Lifestyle Award (PALA).

GROUP REGISTRATION

REGISTRATION – You can register by completing the three steps below:

- Estimate how many participants will participate in the Challenge.
- Complete the fields below including your contact information and the estimated number of participants.
- Save and submit this form to: letsmoveinindiancountry@doi.gov

FULL NAME

ORGANIZATION

PHONE NUMBER

ADDRESS

EMAIL ADDRESS

CITY

STATE

ESTIMATED NUMBER OF PARTICIPANTS

ZIP

THE CHALLENGE – To help you organize your Challenge, follow the instructions below:

- **Duration:** Challenges are run over an 8 week period to maximize participation
- **Requirements:** During the 8 week period participants must be physically active for at least 6 weeks, 5 days a week, for 60 min a day for youth (under age 18) or 30 min a day for adults (18 years and older). For more information about PALA, visit: www.presidentschallenge.org
- **Paper-Based Activity Logging:** Participants may track their daily activity with the log provided on the reverse side of the Let's Move! in Indian Country Participant Information Sheet.

REPORT ACHIEVEMENT – Share your success:

- At the end of the 8 week Challenge complete the Let's Move! in Indian Country Group Completion Form to document the number of PALA achievers with complete activity logs. The form will be provided by Challenge staff upon registration
- Save and submit the Group Completion form to: letsmoveinindiancountry@doi.gov
- Upon receipt you will be sent a commemorative e-certificate to recognize your participants signed by President's Council on Fitness, Sports and Nutrition co-chairs Drew Bress and Dominique Dawes!

