



Tips for Tracking "Energy Out"

From the President's Challenge

- 1. Choose an activity.**
Just about any time you're using large muscle groups and burning energy counts as physical activity. Examples include: playing football, taking a karate class, even doing chores around the house. You can track "Energy Out" by yourself, or together with friends and family.
- 2. Get active.**
Your goal is to meet your daily activity goal (60 minutes a day for kids under 18) at least five days a week.
- 3. Track your activity.**
Your Tracker 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 10 minutes.

Ten Ideas on How to Get Active

1. Take your dog for a walk.
2. Start up a playground kickball game.
3. Join a sports team.
4. Go to the park with a friend.
5. Help your parents with yard work.
6. Play tag with kids in your neighborhood.
7. Ride your bike to school.
8. Walk to the store for your mom.
9. See how many jumping jacks you can do.
10. Race a friend to the end of the block.

What Activities Count?

The President's Challenge lets you choose from almost 100 different activities, so you're sure to find at least one you like. Here is a list of different activities from which you can choose.

Aerobics	Field Hockey	Paddleball	Softball
Archery	Figure Skating	Pilates	Squash
Backpacking/ Hiking	Fishing	Racquetball	Stationary Bike
Badminton	Football	Rock Climbing	Surfing
Baseball	Frisbee	Roller Skating	Swimming
Basketball	Gardening	Rope Jumping	Table Tennis
Baton Twirling	Golf	Rowing	Tai Chi
Bicycling	Gymnastics	Rugby	Tennis
Bowling	Hockey	Running	Track & Field
Boxing/ Kickboxing	Horseback Riding	Sailing	Trampoline
Calisthenics	Horseshoe Pitching	Scuba Diving/ Snorkeling	Volleyball
Canoeing	Household Chores	Shuffleboard	Walking
Cardio Machines	Inline Skating	Skateboarding	Water Aerobics
Cheerleading	Lacrosse	Skating	Water Polo
Cross Country Skiing	Lawn Mowing	Skimobiling	Water Skiing
Dancing	Lifting/Hauling	Sledding	Weight Training
Darts	Marching	Snowboarding	Whitewater Rafting
Diving	Martial Arts	Snowmobiling	Wind Surfing
Downhill Skiing	Mountain Biking	Snow Shoveling	Wrestling
	Mountain Climbing	Soccer	Yoga
	Orienteering		

For more ideas, go to www.presidentschallenge.org or call 1-800-258-8146