

# YOU'RE INVITED TO JOIN THE PRESIDENT'S CHALLENGE!



**Pack 810** has started a group to take the President's Challenge together. And you're invited to be part of it!

## WHAT IS IT?

The President's Challenge is a series of programs designed to help improve anyone's activity level. Joining a group is a great way to make staying active easy.

To learn more about the President's Challenge, go to: <http://www.presidentschallenge.org>

## WHY JOIN?

Staying active with others can be a lot of fun. They'll help keep you motivated - even when you don't really feel like it. Groups are a great way to meet new people. There are even programs for people at different activity levels: the Active Lifestyle program aimed at beginners, and the Presidential Champions program for those who are already active.

Signing up for a group is simple. And there's no limit to how many you can belong to. You can join or leave at any time. All you have to do is register. It's quick, and there's no cost just to participate!

## HOW TO JOIN:

- 1) Go to [http://www.presidentschallenge.org/login/register\\_individual.aspx](http://www.presidentschallenge.org/login/register_individual.aspx)
- 2) Fill out the registration form.


\* Be sure to include the following info during registration \*

Group ID Number: [73294]      Group Member ID/Name: [Pack 810]

- 3) After registering, start logging your activities. As you log activities you'll be able to track your progress toward winning a President's Challenge Award or Medal.

Good luck!

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THE PRESIDENT'S CHALLENGE★ Log-in

- 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:

Group ID Number:  [What are these numbers?](#)

Group Member ID/Name:

#### 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

73294

Pack 810

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<https://www.presidentschallenge.org/index.aspx>

## Physical Fitness Test

The Physical Fitness Test recognizes students for their level of physical fitness in 5 events: curl-ups or partial curl-ups, shuttle run, endurance run/walk, pull-ups or right angle push-ups, and V-sit or sit and reach.

The Physical Fitness Test offers three awards for students who meet the program qualifications:



### **The Presidential Physical Fitness Award**

This award recognizes students who achieve an outstanding level of physical fitness. Boys and girls who score at or above the 85th percentile (based on the 1985 School Population Fitness Survey) on all five events are eligible for this award.



### **The National Physical Fitness Award**

Students who score above the 50th percentile on all five events - demonstrating a basic, yet challenging, level of physical fitness - are eligible for this award.



### **The Participant Physical Fitness Award**

Students whose scores fall below the 50th percentile on one or more events receive this award for taking part in all five events of the Physical Fitness Test.

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## The Presidential Physical Fitness Award (85<sup>th</sup> percentile)

	Age	Curl-Ups	Partial*	Shuttle Run (sec.)	Y-Sit Reach	Sit & Reach	One-Mile Run (min:sec)	Distance Option**		Pull-Ups (#)	Rt. Angle*
		(# one minute)	or Curl-Ups (#)		(inches)	(cm)		(min:sec)	(min:sec)		1/4 mile
<b>BOYS</b>	6	33	22	12.1	+3.5	31	10:15	1:55		2	9
	7	36	24	11.5	+3.5	30	9:22	1:48		4	14
	8	40	30	11.1	+3.0	31	8:48		3:30	5	17
	9	41	37	10.9	+3.0	31	8:31		3:30	5	18
	10	45	35	10.3	+4.0	30	7:57			6	22
	11	47	43	10.0	+4.0	31	7:32			6	27
	12	50	64	9.8	+4.0	31	7:11			7	31
	13	53	59	9.5	+3.5	33	6:50			7	39
	14	56	62	9.1	+4.5	36	6:26			10	40
	15	57	75	9.0	+5.0	37	6:20			11	42
16	56	73	8.7	+6.0	38	6:08			11	44	
17	55	66	8.7	+7.0	41	6:06			13	53	
<b>GIRLS</b>	6	32	22	12.4	+5.5	32	11:20	2:00		2	9
	7	34	24	12.1	+5.0	32	10:36	1:55		2	14
	8	38	30	11.8	+4.5	33	10:02		3:58	2	17
	9	39	37	11.1	+5.5	33	9:30		3:53	2	18
	10	40	33	10.8	+6.0	33	9:19			3	20
	11	42	43	10.5	+6.5	34	9:02			3	19
	12	45	50	10.4	+7.0	36	8:23			2	20
	13	46	59	10.2	+7.0	38	8:13			2	21
	14	47	48	10.1	+8.0	40	7:59			2	20
	15	48	38	10.0	+8.0	43	8:08			2	21
16	45	49	10.1	+9.0	42	8:23			1	24	
17	44	58	10.0	+8.0	42	8:15			1	25	

## The National Physical Fitness Award (50<sup>th</sup> percentile)

	Age	Curl-Ups	Partial*	Shuttle Run (sec.)	Y-Sit Reach	Sit & Reach	One-Mile Run (min:sec)	Distance Option**		Pull-Ups (#)	Rt. Angle*	Flexed Arm Hang (sec.)
		(# one minute)	or Curl-Ups (#)		(inches)	(cm)		(min:sec)	(min:sec)		1/4 mile	
<b>BOYS</b>	6	22	10	13.3	+1.0	26	12:36	2:21		1	7	6
	7	28	13	12.8	+1.0	25	11:40	2:10		1	8	8
	8	31	17	12.2	+0.5	25	11:05		4:22	1	9	10
	9	32	17	11.9	+1.0	25	10:30		4:14	2	12	10
	10	35	24	11.5	+1.0	25	9:48			2	14	12
	11	37	26	11.1	+1.0	25	9:20			2	15	11
	12	40	32	10.6	+1.0	26	8:40			2	18	12
	13	42	39	10.2	+0.5	26	8:06			3	24	14
	14	45	40	9.9	+1.0	28	7:44			5	24	20
	15	45	40	9.7	+2.0	30	7:30			6	30	28
16	45	37	9.4	+3.0	30	7:10			7	30	28	
17	44	42	9.4	+3.0	34	7:04			8	37	30	
<b>GIRLS</b>	6	23	10	13.8	+2.5	27	13:12	2:26		1	6	5
	7	25	13	13.2	+2.0	27	12:56	2:21		1	8	6
	8	29	17	12.9	+2.0	28	12:30		4:56	1	9	8
	9	30	20	12.5	+2.0	28	11:52		4:50	1	12	8
	10	30	24	12.1	+3.0	28	11:22			1	13	8
	11	32	27	11.5	+3.0	29	11:17			1	11	7
	12	35	30	11.3	+3.5	30	11:05			1	10	7
	13	37	40	11.1	+3.5	31	10:23			1	11	8
	14	37	30	11.2	+4.5	33	10:06			1	10	9
	15	36	26	11.0	+5.0	36	9:58			1	15	7
16	35	26	10.9	+5.5	34	10:31			1	12	7	
17	34	40	11.0	+4.5	35	10:22			1	16	7	