

PRESIDENT'S CHALLENGE QUIZ – ANSWER KEY

NAME _____

DATE _____ Key _____

1. What is the main purpose of the President's Challenge program?

To have all Americans become active in their daily lives

What are the 3 awards a participant may receive?

- a. Active Lifestyle
- b. Physical Fitness
- c. Health Fitness
2. In the Active Lifestyle program girls should be walking at least 13,000 steps a day.
- a. True
- b. False**
3. The National Physical Fitness Award is for those who score at or above the 50th percentile on the five event test.
- a. True**
- b. False
4. Name two components that a participant must perform on the Health Fitness Test.
- a. Curl – Ups
- b. Pull – Ups