



# THE 2009 NATIONAL PRESIDENT'S CHALLENGE

*Be Active Your Way!*



## FREQUENTLY ASKED QUESTIONS

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### GENERAL QUESTIONS FOR HEALTHIER FEDS

#### **What is the National President's Challenge?**

The National President's Challenge is a six week physical activity challenge designed to get America up and moving. The Challenge is about choosing to live healthier and finding activities you really like. Everyone can join the Challenge and it's easy to do.

The official launch of the National President's Challenge is May 1, 2009, the start of National Physical Fitness and Sports Month. The program ends on July 24, 2009. But don't stop after the Challenge ends. Keep logging your activity with the on-going President's Challenge program.

#### **Who is eligible to participate?**

Federal employees, retirees, contractors, and family members. This is a nationwide challenge. All Americans are invited to participate!

#### **How can I register for the National President's Challenge?**

Participants can register for free at [www.presidentschallenge.org](http://www.presidentschallenge.org). After registering, participants have access to their activity log and can log in every day to track their activity. If a participant is registering under a HealthierFeds Group, register at: <http://healthierfeds.presidentschallenge.org>

#### **If I have an existing log, do I need to re-register?**

No. Enrollment is automatic. You can use your existing log even if you haven't used it lately. Just be sure to start logging your activity by June 15, 2009, in order to complete the program requirements by July 24, 2009.

#### **I have a log but forgot my password. What do I do?**

Visit [www.presidentschallenge.org](http://www.presidentschallenge.org) and click on the "Log-in" link in the upper right hand corner. Just below the box where you enter your password is a link, "I forgot my password." Click on this link and follow the instructions.

## **Do I register for the Presidential Active Lifestyle Award (PALA) or the Presidential Champions program?**

It doesn't matter. The PALA is for those who are just getting started, and the Presidential Champions program is for those who are already active and want more of a challenge.

The PALA is the basis for the National President's Challenge, but even if you register as a Presidential Champion, the Web site will recognize when you complete the minimum 6 week activity requirement of the National President's Challenge. You will be able to continue to work towards any of the Champions medals once the National President's Challenge ends on July 24, 2009, and all the activity you entered during the National President's Challenge will count towards your award.

## **What types of activity count towards the National President's Challenge?**

The National President's Challenge lets you choose from over 100 different activities, so participants are sure to find at least one they enjoy. Visit [www.presidentschallenge.org](http://www.presidentschallenge.org) to find a list of activities to do during the Challenge.

## **Whom do I contact regarding problems on [www.presidentschallenge.org](http://www.presidentschallenge.org)?**

You can e-mail the President's Challenge program staff at [preschal@indiana.edu](mailto:preschal@indiana.edu) or call 800-258-8146, Monday - Friday, 8:00 a.m. - 5:00 p.m. EST. Any questions regarding a specific program within your agency or your agency's policy regarding participation in the program need to be handled by your agency's designated point of contact or your supervisor.

## **Are there security requirements for participants to use the Web site?**

Please keep in mind that the President's Challenge Web site uses session cookies. This means that computer security levels must be set so session cookies are allowed.

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## **COST OF THE NATIONAL PRESIDENT'S CHALLENGE**

### **Is there a cost to participate in the National President's Challenge?**

No. Participation is completely free. Once you complete your six weeks of activity you will have the option to download a free certificate. You may also purchase any of the awards available at [www.presidentschallenge.org](http://www.presidentschallenge.org) to recognize your accomplishment.

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## **GROUPS**

### **Can I participate as an individual or should I join a group?**

The Challenge is for both those who want to join alone or for those who want to join with others. If a participant joined a group during the first or second HealthierFeds Physical Activity Challenge and is using the same log, he or she does not have to re-join a group. There is no limit to how many groups participants can belong to and participants can join or leave at any time.

### **How do I create a group for the National President's Challenge?**

Visit the Group Admin section on [www.presidentschallenge.org](http://www.presidentschallenge.org) ([http://www.presidentschallenge.org/group\\_admin/index.aspx](http://www.presidentschallenge.org/group_admin/index.aspx)). Registering a group is easy. You only need to have a username and password (to serve as the group administrator), select a group name, and fill out some other basic information about your group. You also need to determine whether or not you want to be able to personally identify your group members. Group members are identified by a Group Member ID/Name and their Username. If you want to be able to identify them (for recognition or reward purposes), be sure to tell your group members the criteria for the Group Member ID/Name (e.g., use their phone extension or first initial and last name). If you don't want to be able to identify your group members for privacy reasons, tell them to register with a Username that is not personally identifiable and to use the Group ID Number or the name of your organization, company, or school, etc. in the Group Member ID/Name field. Once you complete the group registration process, you will receive an email with instructions on how individuals can join your group.

## **Will participation in the existing HealthierFeds Challenge groups be tracked?**

No. If your agency wants to track participation, please see the instructions above on how to create a group. When you create a group, you are the group administrator and can access participation data any time you want. A note of caution is to identify your agency's policy on tracking participation. Depending on what Group Member ID/Name guidelines you specify for group members and a participant's Username, you may be able to personally identify your group members.

## **Can sub-groups be added to the groups on the HealthierFeds registration portal?**

No. If you want to create smaller groups and track participation in these groups, you can do that by creating your own public groups on the President's Challenge Web site. When you create a group, you are the group administrator and can access participation data any time you want. Information on how to create a group or groups can be found on this sheet under, "**How do I create a group for the National President's Challenge.**" A note of caution is to identify your agency's policy on tracking participation. Depending on what Group Member ID/Name guidelines you specify for group members and a participant's Username, you may be able to personally identify your group members.

## **How do I join a group?**

### **If you do not have an existing log:**

In order to join a group, you need to know two things: your Group ID Number and the criteria for your Group Member ID/Name. Your group administrator should supply you with the Group ID Number. If you are joining a group created for the HealthierFeds Physical Activity Challenge, you can select your group when you register through the HealthierFeds Physical Activity Challenge portal page accessible at: <http://healthierfeds.presidentschallenge.org>. The Group Member ID/Name is what allows you to be personally identified among the other members of your group (unless you created your log with an identifiable Username). Your group administrator may need to be able to identify you for recognition purposes. If your group administrator does not specify criteria for a Group Member ID/Name, you can use anything (e.g., 123456 or a day of the week).

### **If you have an existing log:**

Log in as you normally do. Click on the "Your Groups" tab and enter in your Group ID Number and your Group Member ID/Name. Contact your group administrator if you do not know what these are.

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## PARTICIPANT RECOGNITION

### How will participants in the National President's Challenge be recognized?

**Individuals and groups** can download a free certificate of completion from [www.presidentschallenge.org](http://www.presidentschallenge.org). Outside of this certificate, agencies are responsible for their own awards and recognition. The President's Challenge has pins, T-shirts, sport packs, medals and more available for purchase at the President's Challenge order center at: [www.presidentschallenge.org/order\\_center/index.aspx](http://www.presidentschallenge.org/order_center/index.aspx).

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**For more information:** Visit [www.presidentschallenge.org](http://www.presidentschallenge.org) and [www.fitness.gov](http://www.fitness.gov).