

**Attachment Q:
ODPHP Physical Activity Guidelines, 2nd Edition
Stimulus Materials for Adolescent Focus Groups**

OMB Control Number: 0990-0281

December 21, 2017

Submitted to:

Sherrette Funn
Office of the Chief Information Officer
U.S. Department of Health and Human Services

Submitted by:

Frances Bevington
Strategic Communication and Public Affairs Advisor
Office of Disease Prevention and Health Promotion
U.S. Department of Health and Human Services

Participants will be asked to look at a physical activity-related infographic, video, and tracker. The moderator will ask participants to discuss what they like and don't like about the materials.

Infographic

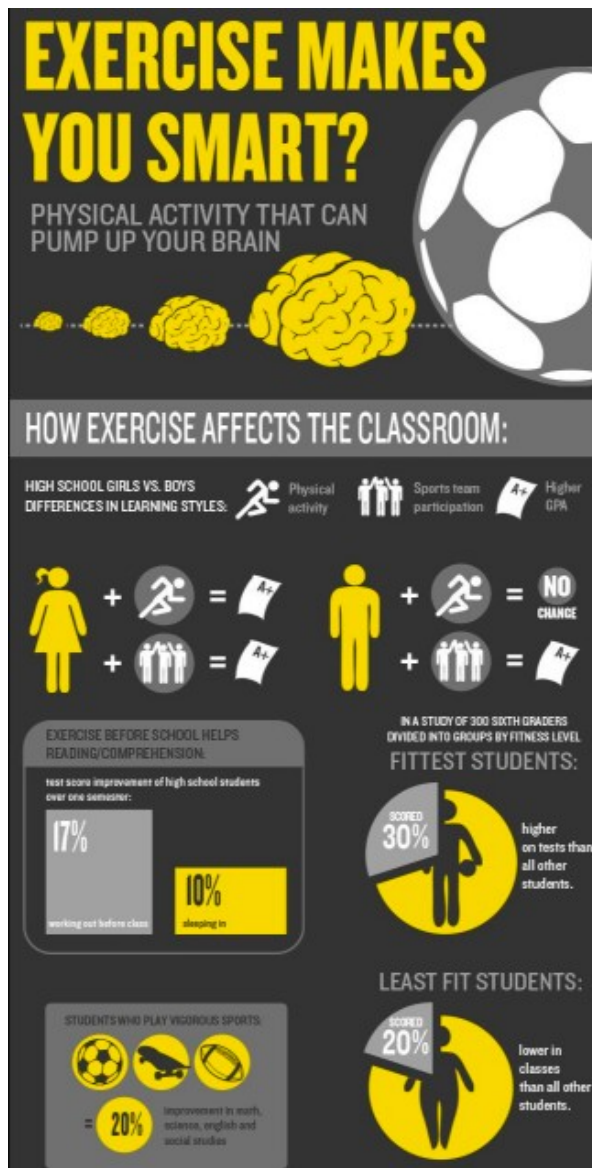
[Exercise Makes You Smart?](#)

Audience: Teens

Length: about 1 page (showing top part only)

Description: Infographic posted on Exercise & Sports Science Australia web site that illustrates how exercise affects classroom performance

More information from source: "Physical activity that can pump up your brain"



Video

[7 Workout Motivation Hacks for When You're Feeling Lazy](#)

Length: 6:23

Description: Motivation tips and tricks for getting physical activity into your day

More information from source: "Sometimes you just wanna do a whole lotta nothing. But then that just turns into laziness... so my sister Jackelyn and I are gonna talk about 7 REAL things you can do to get out of your rut and GET MOVING!"



Tracker

[Presidential Active Lifestyle Award \(PALA\) Paper Log](#)

Length: 1 page (showing 2nd page only)

Description: Printable activity tracker from the President's Council on Fitness, Sports & Nutrition

More information from source: "Circle each healthy eating goal you achieve. Enter your daily physical activity in minutes and add up the total at the end of the week."

Stimulus Materials for Adolescent Focus Groups

OMB No. 0990-0281
Exp. Date 03/31/2019



Participant Name _____ Age _____

Date Started _____ Date Completed _____

Paper Log Instructions:

Circle each healthy eating goal you achieve. Enter your daily physical activity in minutes and add up the total at the end of the week. Circle the total if your goal is met. Once you achieve your goals in week 6, 7, or 8, you're eligible to receive the PALA+ award certificate at www.fitness.gov/

Healthy Eating Goals (key)

- Focus on Whole Fruits
- Make More of Your Grains Whole
- Select Foods with Less Sodium
- Drink Water Instead of Sugary Drinks
- Move to Fat-Free or Low-Fat Dairy
- Vary Your Veggies
- Vary Your Protein Routine
- Limit Added Sugars
- Replace Saturated Fats with Unsaturated Fats

PARTICIPATION LOG									
WEEK	HEALTHY EATING GOALS	PHYSICAL ACTIVITY GOAL							
		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total
1									
2									
3									
4									
5									
6									
7									
8									

Online Instructions:

The PALA+ program can also be completed online using USDA's SuperTracker! Create an account at www.supertracker.usda.gov. You can earn your PALA+ award by logging your food and physical activity to reach your goals.

