

How to create/update your President's Challenge Account and join the USPHS Group:

Officers may join and complete the **President's Challenge** as a member of USPHS Group No. **13537**. The USPHS group is not a public group therefore, it cannot be found by searching for Groups on the President's Challenge website. This was done to prevent people, besides USPHS officers, from participating in the group. Enrolling into this group will eliminate the need to submit your required annual award certificate to the Readiness and Response Branch. **Officers are required to sign up using their PHS Serial Number as their UserID.** Additionally, it is advised that you update your profile by completing the first/last name fields, and enter an email address that is currently stored in Direct Access.

If officers have already joined the USPHS Group not using their PHS Serial Number as their UserID, they may correct this by contacting the President's Challenge Webmaster at the contacts listed on the website ([PC Contacts](#)). You may also update your profile by clicking "Account Settings" after logging into your account. Following this process will allow you to correct your information without losing your points or progress and allow Readiness and Response to track your annual awards electronically.

Complete the following steps to create a new President's Challenge Account and join the USPHS Group:

- 1) Join the President's Challenge by visiting www.presidentschallenge.org and click "Register Now"
- 2) Create an individual account by clicking on the "Create an Individual Account" link.
- 3) Complete the **USERNAME** Field by entering your **PHS SERNO** (eg. 00045).
- 4) Enter and confirm your password.
- 5) Complete the security question fields and personal information fields.

Please enter your name and email address that is officially listed in Direct Access.

- 6) Read and click that you agree with the terms and conditions.
- 7) Enter the verification code and click “Register” (You should receive a welcome email from the PC website).
- 8) Choose a Challenge (**Presidential Activity Lifestyle (PALA) Award**) and click “Submit”
*It is highly recommended that you choose the PALA challenge to ensure you meet the annual award requirements outlined in **PPM 04-003** and **MC PHS 377**. Currently, there are no policies that provide*
- 9) Click on the “Group Icon”.
- 10) Enter Group number 13575.
- 11) A preliminary view of group will show then you click on Join this group.

PALA Program Description

Make physical activity and healthy eating a part of your everyday life. Adults, your physical activity goal is 30 minutes a day, at least five days a week. If you're under 18, your goal is 1 hour. Each week, you'll also focus on a healthy eating goal. There are eight to choose from, and each week you'll add a new goal while continuing with your previous goals. Meet your physical activity and healthy eating goals for six out of eight weeks, and you'll earn an award!