

## 4-H PALA F.A.Q.!

Q: When can we start working on our PALA?

A: Right now!

Q: When do we need to complete our PALA?

A: 4-H has said we will have our goal of 100,000 completed by September, 2011.

Q: Can I participate as an individual or do I have to be in group?

A: You can participate as an individual, but we do want you to join the National 4-H Group so we can count your hard work in our totals. You can also connect with other 4-Hers or 4-H supporters.

Q: Can an individual join multiple groups?

A: Yes. We would however caution you to only join one 4-H Group. We don't want to double report the 4-H Numbers.

Q: If I create my own group for my club, county or state 4-H, will it send an invitation email?

A: Yes. It will generate an email you can send to anyone who might want to join your group and earn their PALA.

Q: If I make my own group, why do I have to invite Lindsey Jewell to it?

A: Lindsey is a Program Specialist at 4-H National Headquarters. She is tracking the progress and participation of 4-H throughout the nation.

Q: How much do the certificates cost?

A: At this point they are free. A copy was included in the tool kit 4-H National Headquarters has provided.

Q: Can parents and volunteers participate?

A: Yes!

Q: What are the requirements to get my PALA?

A: You must be active for 30 minutes (adults) or 60 minutes (youth) each day, for 5 days a week, for 6 consecutive weeks.

Q: Do I have to do my time each day in consecutively?

A: No. You can do 15 minutes in the morning and 15 minutes in the evening for example. Your goal is to have 1 hour for youth, and 30 minutes for adults of activity in one day.

Q: What if I signed up and then forgot about the challenge and want to start again?

A: You can reset your count and start again from the beginning.

Q: How do we compete for the \$250 4-H Mall Gift Certificate?

A: Your state leader will submit a tally for your county of number of youth who completed their PALA in relation to the number of youth enrolled in 4-H Clubs in your county.

For questions or if you want to get more involved, contact Suzanne Le Menestrel [slemenestrel@nifa.usda.gov](mailto:slemenestrel@nifa.usda.gov) or Lindsey Jewell, [ljewell@nifa.usda.gov](mailto:ljewell@nifa.usda.gov).



The President's Challenge -- [www.PresidentsChallenge.org](http://www.PresidentsChallenge.org)  
Let's Move Campaign -- [www.letsmove.gov](http://www.letsmove.gov)

