4-H and KRAFT FOODS PALA PROMOTION

4-H needs 100,000 4-Hers to complete their President's Active Lifestyle Award by September, 2011

The Presidential Active Lifestyle Award recognizes those individuals who log their recommended physical activity for six consecutive weeks, five days a week (60 minutes for youth, 30 minutes minimum for adults).

National 4-H Council and Kraft are offering $250 4-H Mall gift certificates to the 16 counties with the highest percentage of youth who completed the PALA in relation to the number of youth enrolled in clubs in their county.

The county 4-H Educator/Agent should fill out this form and the 4-H State Leader should sign and submit to Lindsey Jewell, Program Specialist at 4-H National Headquarters by September 30th, 2011 to compete for the $250 4-H Mall gift certificate.

A county's percentage will be determined by the number of youth who complete a PALA divided by the number of youth enrolled in that county in 4-H Clubs. Enrichment, Special Events, etc. do not need to count in your total county enrollment.

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

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4-H and KRAFT FOODS PALA PROMOTION

State	
State Leader Name	
County	
County Educator/Agent Name	
County Educator/Agent Phone Number	
County Educator/Agent Email	
Name of Group on PALA website (if one was created)	
Number of Youth who completed a PALA	
Number of Youth enrolled in 4-H Clubs in county	
County's Percentage of completed PALAs	

I _____, State Leader of _____, certify that _____ county earned the
State Leader Name State Name County Name
percentage of PALA awards listed above.

_____ _____

Signature Date