

MY AWARD PLAN

NAME:

General Information

Award Level:

Major Section (if this is your first Award level):

Award Leader Name:

Best way to contact Award Leader:

Physical Recreation, Skills, and Voluntary Service Sections

Bronze Level: 3 months = 13 weeks. For the major section, 6 months = 26 weeks.

Silver Level: 6 months = 26 weeks. For the major section, 12 months = 52 weeks.

Gold Level: 12 months = 52 weeks. For the major section, 18 months = 78 weeks.

It is ideal if these weeks are consecutive, but they do not need to be. These are the total amounts of time you need to dedicate to each Award level.

Weekly Activity = one hour per week working towards your SMART goal in any given section.

Biweekly Activity = two hours every two weeks working towards your SMART goal in any given section.

Examples

- Participant A volunteers at the animal shelter to help build their social media presence. They spend two hours there every other Saturday over the course of 26 weeks to fulfill their Silver Requirement for Voluntary Service.
- Participant B is working to improve their 100-meter butterfly race time. They spend one hour per week focusing on this stroke in particular at swim practice over the course of 13 weeks to fulfill their Bronze Physical Recreation requirement.
- Participant C is working with a French tutor to improve their speaking ability twice per week for 30-minute sessions, adding up to one hour weekly. They plan to do this for a total of 52 weeks to fulfill their Gold Skills requirement. They will not meet with their tutor over school breaks, so they know that their end date will actually be 56 weeks after they start working on this section.

	Physical Recreation	Skills	Voluntary Service
Activity			
Start & End Dates			
Will you do this activity weekly or biweekly?			

Weeks when you won't be able to work on this section (holidays, vacations, etc.)			
Any potential obstacles you might face completing this section on time?			
Assessor Name & Title			
What resources will you need to complete this section? (Fees, supplies, transportation, etc.)			

Adventurous Journey Section

1. How do you plan to complete your Adventurous Journey?

- Award USA Registered Activity Provider
 Independent Adventurous Journey
 International Registered Activity Provider

2. How will you cover any costs associated with the journey?

- I and/or my family will cover these costs.
 I will fundraise in my community.
 I will request need-based financial aid from Award USA.

Target date to finalize AJ option/location	
Start date for training and preparation	
End date for training and preparation	
Dates of Practice Journey	
Dates of Qualifying Journey	

Gold Residential Project (if applicable)

1. What activity do you plan to do for your Gold Residential Project? Include the name of the organization you will complete the project with and where it will be located.

2. How will you cover any costs associated with the journey?

_____ I and/or my family will cover these costs.

_____ I will fundraise in my community.

_____ I will request need-based financial aid from Award USA.

Target date to finalize Residential Project option/location	
Anticipated dates of Gold Residential Project	

SMART Goals & Aims

See page 5 of the *Participant Handbook* for guidance on creating **SMART** goals. Make sure it is **S**pecific, **M**easurable, **A**chievable, **R**ealistic, and **T**ime-bound.

Physical Recreation Goal:

Skills Goal:

Voluntary Service Goal:

Practice Adventurous Journey Aim:

Qualifying Adventurous Journey Aim:

Gold Residential Project Goal (if applicable):