


PROGRAM REQUIREMENTS

There are six levels of the Award-Bronze, Silver and Gold Certificates and Bronze, Silver and Gold Medals. Each level is cumulative – time spent on one Award is carried with you to the next level.

	BRONZE CERTIFICATE	SILVER CERTIFICATE	GOLD CERTIFICATE	BRONZE MEDAL	SILVER MEDAL	GOLD MEDAL
VOLUNTARY PUBLIC SERVICE	30 HOURS	60 HOURS	90 HOURS	100 HOURS	200 HOURS	400 HOURS
VOLUNTARY PUBLIC SERVICE MONTHS OF ACTIVITY	N/A	N/A	6 MONTHS	7 MONTHS	12 MONTHS	24 MONTHS
PERSONAL DEVELOPMENT	15 HOURS	30 HOURS	45 HOURS	50 HOURS	100 HOURS	200 HOURS
PERSONAL DEVELOPMENT MONTHS OF ACTIVITY	N/A	N/A	6 MONTHS	7 MONTHS	12 MONTHS	24 MONTHS
PHYSICAL FITNESS	15 HOURS	30 HOURS	45 HOURS	50 HOURS	100 HOURS	200 HOURS
PHYSICAL FITNESS MONTHS OF ACTIVITY	N/A	N/A	6 MONTHS	7 MONTHS	12 MONTHS	24 MONTHS
EXPEDITION/ EXPLORATION	1 DAY (6-8 HOURS OF ACTIVITY)	2 DAYS	3 DAYS	1 OVERNIGHT	2 CONSECUTIVE OVERNIGHTS	4 CONSECUTIVE OVERNIGHTS

Along with the hour requirement, the higher levels of the Award require that activities be spread out over a minimum amount of months. Please note the following:

- The month requirement applies to Voluntary Public Service, Personal Development, and Physical Fitness.** Participants must accumulate the necessary hours over a certain amount of months. For example, the Bronze Medal requires a minimum of seven months of activity in Voluntary Public Service, seven months of activity in Personal Development, and seven months of activity in Physical Fitness.
- Months do not need to be consecutive.** For instance, if one registers with the Award in January and works on Personal Development in January, February and March and then does not work on any Personal Development until October, November and December that would count as six months of activity.
- Months are cumulative.** For example, the seven months of activity completed at the Bronze Medal level will be carried over to the next level, leaving a minimum of five more months of activity needed in order to qualify for the Silver Medal.
- Months may only be counted once in the same activity area.** For instance, if you play soccer and soft-ball during the same six month period for your Physical Fitness activity, you will only get credit for six months of activity, not 12 months of activity. If different goals overlap in the same month, the month may only be counted once for the respective program area.