

HEALTH CHECKLIST



_____ Complete the 4 Steps of the Planning Section of appropriate Health Manual (Levels 1,2,3) and turn in to club leader for his or her review.

_____ Complete at least 3 “More Challenges” Activities, 2 Organized Project Activities, and 2 Citizenship/Leadership Activities in appropriate manual. Answer all questions in manual related to chosen activities. Turn in to club leader for his or her review.

_____ Complete the Project Review (found in manual) and turn in to club leader for his or her review.

_____ Fill out 4-H Health Record Sheet and turn in to club leader for his or her signature.

_____ Create fair exhibit according to attached requirements, appropriate manual, and Elkhart County 4-H Handbook.

Resources available in Extension Office: Health—First Aid in Action Manual (4-HCCS BU-08174, grades 3-5), Health—Staying Healthy Manual (4-HCCS BU-08175, grades 6-8), Health—Keeping Fit Manual (4-HCCS BU-08176, grades 9-12), Health Requirements Sheet, 4-H Health Record Sheet (4-H-08174A-W), Elkhart County 4-H Handbook, Poster Construction Guidelines Sheet, www.extension.purdue.edu/elkhart, www.extension.purdue.edu/4h/Pages/projects.aspx, *Poster Foam Board, *Poster Sleeve

*Items available for sale; contact Extension Office for current prices

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