



Wabash County 4-H

Health Record Sheet

NAME: \_\_\_\_\_

CLUB: \_\_\_\_\_

Level 1: 3 4 5 Level 2: 6 7 8 Level 3: 9 10 11 12

(Circle grade as of January 1 of current calendar year.)

1. What did you enjoy most about this project? Why?

Four horizontal lines for writing the answer to question 1.

2. What were the most interesting experiences you had with this project? Why? What did you learn?

Four horizontal lines for writing the answer to question 2.

3. What activities were hard to do? Why? What did you learn?

Four horizontal lines for writing the answer to question 3.

4. As a result of doing these activities, do you do anything differently? Do you think about anything differently? If yes, what? Describe.

Four horizontal lines for writing the answer to question 4.

5. List the activities you completed this year.

Four horizontal lines for writing the answer to question 5.

6. Did you give an action demo or a demonstration on your Health project? yes \_\_\_\_\_ no \_\_\_\_\_

Name of Demonstration: \_\_\_\_\_