



4-H Fitness & Sports Record Sheet

Name _____ Level _____ (A, B, C, D)
4-H Club _____ Grade _____ Year in 4-H _____

I have reviewed this record and believe it to be correct.

Signature of Leader _____ Date _____

1. List 3 different sports activities you participated in with or without friends?

A. _____

B. _____

C. _____

2. Did you give a demonstration on 4-H Fitness & Sports? Explain.

3. How has your participation in sports helped you learn self-discipline?

4. How has your participation in sports helped you gain self-confidence?

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5. What do you do to contribute to your own health and fitness?

6. Why is nutrition important in fitness and sports?

7. Give an example of a healthy eating habit.

8. Tell about an experience you had in sports/fitness where perseverance paid off.

9. How has your participation in sports or fitness activities enriched your life?
