

4-H Health Record Sheet

Name _____ Grade _____ Year _____

Name of Club _____ Year in Clubwork _____

Level _____

County _____ Township _____

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

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

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

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

5. List the activities you completed this year.

Did you give an action demo or a demonstration on your Health project?
yes _____ no _____

Name of Demonstration:

Signature of 4-H member

_____ Date _____

I have reviewed this record and made comments about the individual's progress and project completion.

Signature of Helper/Leader

_____ Date _____