

355 Tracking Your Health and Fitness

Skill Level: Intermediate

For county project COMPLETION members must complete either:

- County Project Judging in September
 - Member is eligible for Exhibition and Fair Awards; project must be displayed for award eligibility.
- Advisor Grade
 - Completed by advisor. If done by September 15th projects are eligible for fair exhibition but is NOT eligible for fair awards.

State Fair Qualification

- Participate in July Judging – State Fair Qualification Only. ALL projects must be brought back in September to be eligible for county awards.

For Project Judging Dates & Times:

Ask your Club Advisor

Read your project letter – <http://brown.osu.edu/exhibitorletters>

Look on the 4-H Calendar <https://brown.osu.edu/4hcalendar> or check in the 4-H App

Complete All of the following for completion:

- All 10 activities, all Talking It Over questions, and a health and fitness log
- At least 2 learning experiences
- At least 2 leadership/citizenship activities
- Project review and project summary

What to bring to judging:

- Completed project Book
- Display or scrapbook on healthy ideas learned in project book

County Fair Exhibit

- Completed Project Book
- Educational Display or Scrapbook

State Fair:

- Selected during county-level competition in July.
- Event: Health Day
- Additional state fair information can be found on the state website here:
<https://ohio4h.org/nonlivestockguidebook>

