Congratulations for taking on the 4th H for Health Challenge! Record the dates when you complete the healthy meeting activities: serve water, offer fruit or vegetables, do 15 minutes of physical activity, and do an activity to enhance social and emotional health. You can do all the activities for four meetings or space them out over time.

Our club drank water on:
- Meeting date: [ ]
- Meeting date: [ ]
- Meeting date: [ ]
- Meeting date: [ ]

Our club did 15 min. of physical activity on:
- Meeting date: [ ]
- Meeting date: [ ]
- Meeting date: [ ]
- Meeting date: [ ]

Our club had a fruit or vegetable snack on:
- Meeting date: [ ]
- Meeting date: [ ]
- Meeting date: [ ]
- Meeting date: [ ]

Our club did an activity to enhance social and emotional health on:
- Meeting date: [ ]
- Meeting date: [ ]
- Meeting date: [ ]
- Meeting date: [ ]

☐ There is no food at my club meetings.

If you’ve completed the challenge, keep the momentum going by doing the 4th H for Health activities at every club meeting and invite other clubs to take the challenge.

Questions? Contact Katie Riemenschneider at riemenschneider.13@osu.edu or visit www.ohio4h.org/4thHChallenge.