



4th H for Health Challenge Tracker



Name: _____ Date Completed: _____ # of Participants: _____

Leader Name: _____ Leader Email/Phone: _____


Club Name: _____ County/State: _____



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.