

HEALTH CHECKLIST



Required for Exh	<mark>iibit</mark> H Health Record Sheet and turr	n in to club leader for his	s or her signature	
	r exhibit according to attached		_	ounty 1-H
Handboo	_	requirements, appropri	ate manual, and Likhart CC	Julity 4-11
Suggested Activi	<u>ties</u>			
	the 4 Steps of the Planning you turn in to club leader for his o		ropriate Health Manual (L	evels
Complete	at least 3 "More Challenges" A	ctivities, 2 Organized Pr	oject Activities, and 2 Citiz	en
•	lership Activities in appropriate urn in to club leader for his or h	•	estions in manual related t	o chosen ac
Resources availa	ble in Extension Office:			
	d in Action Manual (4-HCCS BU-			
	s 6-8), Health—Keeping Fit Mar	•	grades 9-12), Elkhart Cou	nty 4-H
	er Foam Board, *Poster Sleeve v.extension.purdue.edu/elkhart		ue adu/Ah/Pages/project asp	v
				_
	for sale; contact Extension Offic Purdue University is an affirmative	•	Revised 9 al opportunity institution.)/2021
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	HI	EALTH CHECKLIST		EXECUTE
Required for Exh	<mark>iibit</mark> H Health Record Sheet and turr	n in to club leader for his	s or her signature.	
	r exhibit according to attached		-	ounty 4-H

Complete at least 3 "More Challenges" Activities, 2 Organized Project Activities, and 2 Citizen

Suggested Activities

Resources available in Extension Office:

Health—First Aid in Action Manual (4-HCCS BU-08174, grades 3-5), Health—Staying Healthy Manual (4-HCCS BU-08175, grades 6-8), Health—Keeping Fit Manual (4-HCCS BU-08176, grades 9-12), Elkhart County 4-H Handbook, *Poster Foam Board, *Poster Sleeve

ship/Leadership Activities in appropriate manual. Answer all questions in manual related to chosen ac-

Complete the 4 Steps of the Planning your project Section of appropriate Health Manual (Levels

1,2,3) and turn in to club leader for his or her review.

tivities. Turn in to club leader for his or her review.

www.extension.purdue.edu/elkhart, https://extension.purdue.edu/4h/Pages/project.aspx

^{*}Items available for sale; contact Extension Office for current prices Revised 9/2021

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