



**4-H SPORTS RECORD SHEET**  
Include a signed copy in your three-ring notebook.

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

4-H Club: \_\_\_\_\_

Years in 4-H: \_\_\_\_\_ (including this year)      Years in this project: \_\_\_\_\_ (including this year)

I have reviewed this record and believe it to be correct:

Leader Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Name of Sport: \_\_\_\_\_

Four basic things I learned this year in the sports project:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Did you enjoy participating in this sport?  yes  no  Did not participate  
Why or why not?

Did you participate on an organized team(s) this year?  yes  no  
If yes, which one(s)?

What are three things that can make a person unhealthy and reduce their athletic ability?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_