

Completed (40 possible)	_____
Accuracy of answers (30 possible)	_____
Appropriate grammar (15 possible)	_____
Neatness of record (15 possible)	_____
Total	_____
A = 86-100 points	
B = 71-85 points	
C = 70 points or less	



# 4-H Health Advanced (Grades 9-12) Record Sheet

Record for Year \_\_\_\_\_

A completed record sheet is due by the last business day of May to exhibit each project at the fair.  
Use any 4-H publications, the internet, the library, or a professional to help you prepare your responses.

## The Basics

Name \_\_\_\_\_ 4-H Club \_\_\_\_\_

Years in 4-H \_\_\_\_\_ Grade \_\_\_\_\_ Years in Project \_\_\_\_\_

## Starting Small

List five benefits of eating healthier choices and exercising regularly.

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

What safety gear is suggested for taking a bike ride? \_\_\_\_\_  
\_\_\_\_\_

## Building Blocks

List four guidelines to follow when engaging in an exercise routine.

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

It is recommended to drink half of your bodyweight in ounces of water. How much water should a 120 lb. individual drink daily? \_\_\_\_\_ oz.

Think about your bodyweight and the corresponding suggested water intake. How many ounces of water are you lacking daily? \_\_\_\_\_ oz.

Colorful fruits and colorful vegetables provide vitamins A and C as well as minerals and fiber. List three of your favorite colorful fruits and vegetables.

- Colorful fruits: \_\_\_\_\_
- Colorful vegetables: \_\_\_\_\_

## Making Strides

Provide a brief description of your 4-H exhibit or plan for your exhibit. \_\_\_\_\_

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We do not necessarily care what you spent constructing your exhibit, but it is good for you to understand that things have a cost. Even poster boards are not free. Approximately how much did you spend constructing your exhibit or think you'll spend once it is complete?

\$0.00-\$5.00    \$5.00-\$15.00    \$15.00-\$30.00    \$30.00-\$50.00    Greater than \$50.00

## Moving On Up

There are many reasons people exercise. Check the reasons you choose to exercise.

- To have a healthier heart
- To build stronger muscles
- To increase my energy
- To reach or maintain a healthy weight
- To improve my mind
- To prevent disease

Name ten colleges or universities in which you could study in a health career field.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

What health career is the most appealing to you and why? \_\_\_\_\_

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What is the potential salary earnings for this career? \_\_\_\_\_

What is one thing you learned or sparked your interest as a result of completing this project? \_\_\_\_\_

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In what way does this project apply to your life, or why is this subject matter important to you? \_\_\_\_\_

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