

# 4-H Health Record Sheet

Name \_\_\_\_\_ Grade \_\_\_\_\_ Year \_\_\_\_\_

Name of Club \_\_\_\_\_ Year in Clubwork \_\_\_\_\_

Level \_\_\_\_\_

County \_\_\_\_\_ Township \_\_\_\_\_

1. What did you enjoy most about this project? Why?

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2. What were the most interesting experiences you had with this project? Why?  
What did you learn?

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3. What activities were hard to do? Why? What did you learn?

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4. As a result of doing these activities, do you do anything differently? Do you think about anything differently? If yes, what? Describe.

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5. List the activities you completed this year.

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Did you give an action demo or a demonstration on your Health project?  
yes \_\_\_\_\_ no \_\_\_\_\_

Name of Demonstration:

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Signature of 4-H member

\_\_\_\_\_ Date \_\_\_\_\_

I have reviewed this record and made comments about the individual's progress and project completion.

Signature of Helper/Leader

\_\_\_\_\_ Date \_\_\_\_\_