#352 - KEEPING FIT
General 4-H Project

- Member MUST participate in County Project/Interview Judging or 4-H Project will be INCOMPLETE.
- Member must attend General 4-H Project Judging Day to be eligible for County Placement and State Fair Selection (if applicable).
- If the member cannot attend Project Judging, your project can be judged at Early Judging. However, Early Judging participants will not qualify for County Placement or State Fair.
- Project must be displayed at the Ross County Fair to receive fair premiums.

**For Project Judging Dates & Times & Details:**
ASK your Club Advisor
READ the *May Family HOTLINE* sent to every 4-H family
LOOK on the 4-H website [http://ross.osu.edu](http://ross.osu.edu)

**Skill Level:** Intermediate

**Completion:**
1. All 12 interest areas
2. Complete 3 of the More Challenges activities
3. At least 2 learning experiences
4. At least 2 leadership/citizenship activities
5. Prepare an educational exhibit based on this project (item made from project book, photo exhibit, notesbook, scrapbook, or poster (minimum 14” x 22” and maximum 22” x 28”).
   a. Examples:
      i. Gather examples of sports safety gear and create a display
      ii. Interview people about their fitness level. Put pictures and info on a poster.
      iii. create a notebook of food categories, along with photos and descriptions
      iv. Be creative!

**Judging:**
1. Interview based on skills learned, activities completed and educational exhibit
2. Bring to interview on General 4-H Project Judging Day:
   a. Completed project book
   b. Educational exhibit

**County Fair Exhibit:**
An educational display relating to project work displayed in a fair booth.

**State Fair Competition:**
1. State Fair participants will be selected during county-level competition on General 4-H Project Judging Day.
2. Event: Healthy Living Day.
   Completed project book, *display, and interview
   *Display must fit into a 3 foot area or 3 feet of table space.