

355 – TRACKING YOUR HEALTH AND FITNESS

General 4-H Project

- ✿ For project COMPLETION and GRADE, Member MUST participate in either:
 1. **County 4-H Project Judging Day** – Ross County Fairgrounds
Member is eligible for County Awards (Judges' Choice, Outstanding, Honorable Mention) and State Fair Selection (if applicable)
 2. **Early 4-H Project Judging** – Ross County Service Center
Members unable to attend County Project Judging Day should plan to attend Early Judging. Member is eligible for County Rosettes (Outstanding, Honorable Mention).
** Exception for State Fair selection at Early Judging - If there is only one member judged in a project, then the judge has the option to select a state fair representative.*
- ✿ **NEW 2023:** Complete "Thank You" note activity (see copy of instruction sheet included in your project book)
- ✿ To receive Fair Premiums, your project must be displayed at the Ross County Fair in a Jr. Fair Building booth.
- ✿ **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 App or website <http://ross.osu.edu>

Skill Level: Intermediate

Completion:

1. Note: A fitness tracking device is recommended but NOT required for this project.
2. All 10 activities
3. All Talking It Over questions
4. A Health and Fitness Log
5. At least 2 learning experiences
6. At least 2 leadership/citizenship activities
7. Prepare an educational exhibit based on this project (item made from project book, photo exhibit, notebook, scrapbook, or poster (minimum 14" x 22" and maximum 22" x 28")).

Judging:

1. Interview based on skills learned, activities completed and educational exhibit
2. Bring to interview on 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 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.*

