

355 Tracking Your Health and Fitness

Project Description

Learning about health and fitness is interesting and fun if you know about your vital measures. Take them by hand or with a fitness tracking device. No matter what you choose, you will come away with very useful life skills.

To Complete the Project

1. Explore all 10 activities and all “Talking It Over” questions.
2. Create a Health and Fitness log. (A fitness tracking device is recommended but not required.)
3. Take part in at least 2 learning experiences.
4. Take part in at least 2 Citizenship/Leadership activities.
5. Complete Project Summary and Project Review.
6. Take part in 4-H project judging. If you choose not to participate in judging, plan to discuss and review completion of your project with your 4-H Advisor.

Judging of this Project

Interview judging for this project will be on Non-Livestock judging day at the Jr. Fair building. Please refer to the 4-H calendar for judging dates.

*Requirements for Judging:

1. Completed project book.
2. Display of something learned in the project.

Project Display

Prepare a display that shows the judge and fair visitors what you learned and accomplished in your project. For example, something you made, visuals or other items used to complete project activities, or a poster to share learned information.

Your project book cannot serve as your project display.

Display Areas

At the Wood County Fair, your 4-H project will be displayed in the Wood County Jr. Fair building in your 4-H Club assigned booth.

Project Pick-Up

You must pick up your project display at the end of the fair or arrange for someone to get it for you. Please refer to the Wood County Fair book or the 4-H Newsletter for project release times.

Projects not picked up by 3:00 p.m. on the last day of the fair will be disposed of.

***Ohio State Fair Project**