

4th H for Health Challenge Tracker



4th H

for HEALTH



Congratulations for taking on the 4th H for Health Challenge! Use this tracker to record the dates of the meetings or gatherings when your club has water, a healthy snack, or performs 15 minutes of physical activity.

Name: _____ # of Participants: _____

Healthy Meeting Activities:

Meeting or Gathering Dates:



Serve a fruit or vegetable snack at 3 meetings.*

1	2	3	4	5	6
---	---	---	---	---	---

*Snacks served at events or other gatherings can fulfill this requirement.

There is no food at our meetings.



Serve water as the primary beverage at 6 meetings.

1	2	3	4	5	6
---	---	---	---	---	---



Do 15 minutes of physical activity at 6 meetings.

1	2	3	4	5	6
---	---	---	---	---	---



18 USC 707

Quick Tips: Snack Smart

Ask volunteers to rotate bringing in a fruit or vegetable snack. Check out the Snack Smart handout for ideas and activities.

Quick Tips: Drink Right

Make sure water is in plain sight and easily accessible during meetings. Encourage youth to bring a water bottle to meetings and show them where they can refill it.

Quick Tips: Move More

Make physical activity fun! Try music or props, like balls or jump ropes. Keep games and activities non-competitive and encourage all youth to participate.

Completed the Challenge? Congratulations! Keep up the healthy habits during meeting times and encourage other 4-H clubs to take the 4th H for Health Challenge!