



Ask your club members what they do to put the 4-H pledge into action.  
How can you live by this pledge during your club meetings?



## Taking on the 4<sup>th</sup> H for Health Challenge is a great way to start!

Complete the activities below, using the **4<sup>th</sup> H for Health Challenge Tracker** to show your club’s progress. 4-H’ers can complete the challenge as a club or as individuals; just note the number of participants on your Tracker.

- 1** Serve **water** as the main beverage at four meetings.
- 2** Add 15 minutes of **physical activity** at four meetings.
- 3** Serve a **fruit or vegetable** as a snack\* at four meetings.
- 4** Do **BONUS Challenges** for extra points.

\*Consider food at all events and activities. If your club never has food, check the box on the Tracker.



### Ideas for serving water:

- Make fruit-infused water for meetings. Add fruit (e.g. citrus, berries) to a pitcher of water.
- Encourage members to always bring a reusable water bottle with them.



### Tips for adding 15 minutes of physical activity:

- Kick off meetings with a short game or activity.
- Elect an “exercise officer” to lead physical activity breaks.
- Set a physical activity goal for the month or year and record the number of minutes you exercise.



### Suggestions for serving fruits and vegetables:

- Create a list of healthy meeting snacks and distribute it to club members.
- Choose a snack theme like “color of the month” or “what’s in season?” and snack on different fruits and vegetables from that theme.



### Bonus Challenges for extra points:

- Register your club by 9/30/2019-50 points
- Elect a Healthy Living Officer-100 points
- Do Social, Personal, Emotional, Financial, Environmental and/or Community Well-being Activities-100 points (see Healthy Living Challenge Document for details)



# 4<sup>th</sup> H for Health Challenge Tracker



Name: \_\_\_\_\_ Date Completed: \_\_\_\_\_ #ofParticipants: \_\_\_\_\_

Leader Name: \_\_\_\_\_ Leader Email/Phone: \_\_\_\_\_

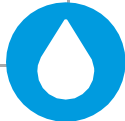
Club Name: \_\_\_\_\_ County/State: \_\_\_\_\_



Congratulations for taking on the 4th H for Health Challenge! Record the dates when you complete the healthy meeting activities: serve water, offer fruit or vegetables, do 15 minutes of physical activity, and do bonus challenge activities.


Our club drank water on:

Meeting date:	Meeting date:
Meeting date:	Meeting date:




Our club did 15 min. of physical activity on:

Meeting date:	Meeting date:
Meeting date:	Meeting date:




Our club had fruit or vegetable snack on:

Meeting date:	Meeting date:
Meeting date:	Meeting date:



Our club did a bonus challenge on:

Meeting date:	Meeting date:
Meeting date:	Meeting date:



There is no food at my club meetings.

If you've completed the challenge, keep the momentum going by doing the 4th H for Health activities at every club meeting and invite other clubs to take the challenge.