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2022-2023

Join the 4th H for Health Challenge as we encourage 4-H members to drink water, make healthier choices and move each day.

Water Offered/ Promoted at meetings:	Fruits & Vegetables Offered/Promoted at meetings:	Movement activity at meetings:	4-H Challenges: Walking challenges, DE Purple, etc.
 	 	 	 _____
 	 	 	 _____
 	 	 	 _____
 	 	 	 _____
 	 	 	 _____
 	 	 	 _____

Club Name:

Healthy Living Officer Name:

Healthy Living Officer Email:

# of Participants:

Circle County: NC / KC / SC



# 4<sup>TH</sup> H FOR HEALTH CHALLENGE

2022-2023

What can your club members do to put the 4-H pledge into action! Complete the activities below, using the 4th H for Health tracker to show your club's progress. 4-H'ers can complete the challenge as a club over the next 4-H year.

The four things we ask you to do with your club as the Healthy Living Officer are:

1. Offer or promote water as the main beverage.
2. Have a Movement Activity at a meeting.
3. Offer or promote fruits and vegetables at 4-H meetings.
4. Have 25% of your club participate in 5 4-H Healthy Living Challenges: (additional activities may arise to those listed below)
  - a. National 4-H Week Walking Challenge (October)
  - b. DE Goes Purple (October)
  - c. Red Ribbon Week (October)
  - d. Walk through the Holiday's walking challenges (November & December)
  - e. Drug Facts Week (March)
  - f. 5K walk or run (anytime)
  - g. Plogging (anytime)
  - h. State Fair walking Challenge (July)

How to complete your tracker:

- Color / Fill in 5 clovers in the first three categories listed on the tracker page for each month that your club completed this task.
- For the 4th category you must list the activity and number of club members that participate.

Questions? Please contact Kaitlin Klair at [kklair@udel.edu](mailto:kklair@udel.edu)