









































4TH H FOR HEALTH CHALLENGE

2024-2025

Join the 4th H for Health Challenge as we encourage 4-H members and volunteers 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 Bonus Activity: (See attached list)
 	 	 	 _____
 	 	 	 _____
 	 	 	 _____
 	 	 	 _____
 	 	 	 _____
			 _____
			 _____
			 _____

Club Name:
Healthy Living Officer Name:
Healthy Living Officer Email:

of Participants:
Circle County: NC / KC / SC



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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:

1. Offer or promote water as the main beverage at 4-H meetings.
2. Have a Movement Activity at meetings.
3. Offer or promote fruits and vegetables at 4-H meetings.
4. Have 25% of your club participate in 5 4-H Healthy Living Bonus Activities: (additional activities may be added other than those listed below, check out your newsletter)
 - a. Any of the (5) walking challenges (National 4-H Week, Walking through the Holidays, St. Patrick Day, Spring Break, or/and State Fair)
 - b. Complete the Monthly activity offered in your 4-H newsletter related to Mental Health, Emotional Health, and Financial Health.
 - c. DE Goes Purple (October)
 - d. Red Ribbon Week (October)
 - e. Drug Facts Week (March)
 - f. Sign up for a 5K walk or run (anytime)
 - g. Plogging (anytime)

How to complete your tracker:

- Color/Fill in 6 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.
- Awards will be on a sliding scale based on overall completion of tracker.

Questions? Please contact Kaitlin Rogers at kklair@udel.edu