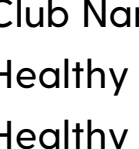
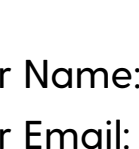
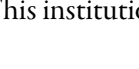
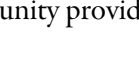
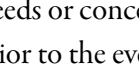




4TH H FOR HEALTH CHALLENGE

2025-2026

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)
 18 USC 707	 18 USC 707	 18 USC 707	 18 USC 707
 18 USC 707	 18 USC 707	 18 USC 707	 18 USC 707
 18 USC 707	 18 USC 707	 18 USC 707	 18 USC 707
 18 USC 707	 18 USC 707	 18 USC 707	 18 USC 707
 18 USC 707	 18 USC 707	 18 USC 707	 18 USC 707
 18 USC 707	 18 USC 707	 18 USC 707	 18 USC 707
 18 USC 707	 18 USC 707	 18 USC 707	 18 USC 707
 18 USC 707	 18 USC 707	 18 USC 707	 18 USC 707

Club Name:

Healthy Living Officer Name:

Healthy Living Officer Email:

of Participants:

Circle County: NC / KC / SC



4TH H FOR HEALTH CHALLENGE

2025-2026

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