



White County Health Award

Name _____ Club _____

Date of Birth _____ Your Age on Sept. 1, 2020 _____

Years in 4-H _____ Sept. 1, 2020 – August 31, 2021 Award Year

There are two divisions for this award:

Junior (age 8-12)

Senior (age 13-18)

Cash prizes are awarded for 1st – 3rd places in each division.

INSTRUCTIONS: To apply for the Health Award:

1. Complete as many activities listed below as possible and record the date you completed them. The activities should be from this year.
2. Turn in a written report about at least one of the activities you did.

TOPIC

DATE COMPLETED

1. Take a Health 4-H Project and show your project at the 4-H Show. _____
2. Make a First Aid Kit for your car, house or classroom _____
3. Baby-proof your home or a friend's home. _____
4. Learning about where germs hide and how to avoid them _____
5. Sharing information about hair, skin, nails, teeth, ears and eye care. _____
6. Recognizing nutrient rich "power foods" and add them to your diet _____
7. Create and eat healthy snacks _____
8. Give a speech or demonstration at your club meeting about a health issue. _____
9. Learn how eye glasses work. _____
10. Have a health exam at your local doctor. _____
11. Have an eye exam at your local optometrist. _____
12. Have a dental exam at your local dentist. _____
13. Complete a self-assessment of your current fitness status _____
14. Keep track of how much food you eat and how much water you drink _____
15. Design your own fitness plan. _____
16. Discuss the importance of proper stretching before exercising _____
17. Participate in a 3K, 5K or 10K run _____
18. Attend a sports training camp. _____
19. Participate in summer sports activities _____
20. Participate in school sporting activities _____
21. Organize a health fair for your community or school _____
22. Attend a health fair _____

23. Study health in school _____
24. Make a container of your own antiseptic Wash (Book 1) _____
25. Learn to perform the Heimlich _____
26. Study bugs and insects which might be poisonous to humans _____
27. Conduct a poison look-alike activity in your club or classroom _____
28. Have a speaker about a health issue at your 4-H club meeting _____
29. Do a speech about the need for hydration when you exercise _____
30. Eliminate a less healthy food from your diet _____
31. Calculate your BMI (Body Mass Index) (Book 3) _____
32. Learn about the dangers of using drugs and alcohol _____
33. Discuss a time you made a healthy choice over an unhealthy choice _____
34. Record your heart rate before, during and after an exercise routine _____
35. Take a bicycle safety course _____
36. Learn about disabilities _____
37. Practice saying no in an unhealthy situation _____
38. Simulate a car crash to illustrate the use of safety belts _____
39. Learn about other cultures _____
40. Develop a list of traits you find admirable in your friends _____
41. Discuss strategies for handling depression _____
42. Write a health related public service announcement _____
43. Write a letter to your congressman about a health issue _____
44. Learn about the effects of tanning on your body _____
45. Survey your friends about what precautions they take when in the sun and write a report about your results _____
46. Discuss how cancer has effected your family _____
47. Create a personal health log _____
48. Keep a stress diary _____
49. Care for an "egg" baby _____
50. Interview professionals about a health career _____
51. Other _____