



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 4th H for Health Challenge is a great way to start!

Complete the activities below, using the **4th 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 six 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 (10 pts per meeting):

- 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.
- Encourage members to bring water with them to Zoom meetings as well.



Tips for adding 15 minutes of physical activity (15 pts per meeting):

- Kick off meetings with a short game or activity.
- Elect an “healthy living officer” to lead physical activity breaks through your meeting. (include this during zoom meetings as well)
- Set a physical activity goal for the month or year and record the number of minutes you exercise.



Suggestions for serving fruits and vegetables (10 pts per meeting):

- Create a list of healthy meeting snacks and distribute it to club members if meeting over Zoom.
- Choose a snack theme like “color of the month” or “what’s in season?” and snack on different fruits and vegetables from that theme. Use resources on Healthy Living page of 4-H website.



Bonus Challenges for extra points:

- Register your club by 10/15/2021- 50 points
- Elect a Healthy Living Officer- 75 points
- Club members participate in a 5K – 100 points
- Participate in a 4-H Healthy Living Activity(ies) -50 points per activity



2021-2022 4th H for Health Challenge Tracker



Healthy Living Officer Name: _____ Date Completed: _____ #ofParticipants: _____

Leader Name: _____

Leader Email/Phone: _____

Club Name: _____

County: _____



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:
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:
(indicate which challenge you did)

Meeting date:	Meeting date:
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.