

Healthy Living

2023 Project Completion Guidelines

Skill Level – Listed by Project

General Requirements

- ✿ Member must participate in Project Interviews (County or Club level) for the project to be considered completed for the 4-H year.
- ✿ Member must participate in a Project Interview during the Franklin County Fair, on the appropriate day, to be eligible to be considered for Ohio State Fair Selection.
- ✿ Member must display a representation of their project in their 4-H club fair booth.

Franklin County Health Projects Completion Requirements

You're the Athlete - Intermediate

1. At least 1 (of 7) section (Play Book, Practice Field, and Big Event).
2. Either 2 other Play Book and at least 2 Practice Field activities or 1 other section ((Play Book, Practice Field, and Big Event).
3. At least 2 special learning experiences.
4. At least 2 leadership/citizenship activities.
5. "My Season Highlights" Project Summary.
6. Educational Display on a selected topic from the project.
7. Be prepared to discuss your project experiences.

Staying Healthy - Beginner

1. All 12 Interest Areas.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. 3 of the More Challenges activities.
5. Educational Display on a selected topic from the project.
6. Be prepared to discuss your project experiences.



Keeping Fit - Intermediate

1. All 12 Interest Areas.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. 3 of the More Challenges activities.
5. Educational Display on a selected topic from the project.
6. Be prepared to discuss your project experiences.

First Aid in Action - Beginner

1. All 12 Interest Areas.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. 3 of the More Challenges activities.
5. Educational Display on a selected topic from the project.
6. Be prepared to discuss your project experiences.

Medicine Science and Safety – Beginner

1. All 5 Interest Areas and Talking It Over questions.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Completed Project Summary and Project Review.
5. Educational Display on a selected topic from the project.
6. Be prepared to discuss your project experiences.

Superhero You – Beginner

1. All 5 Interest Areas and Talking It Over questions.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Completed Project Summary and Project Review.
5. Educational Display on a selected topic from the project.
6. Be prepared to discuss your project experiences.



Tracking Your Health and Fitness – Intermediate

1. All 10 Interest Areas, all Talking It Over questions, and a health and fitness log.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Completed Project Summary and Project Review.
5. Educational Display on a selected topic from the project.
6. Be prepared to discuss your project experiences.

Alcohol and Drug Abuse - Advanced

1. All 12 Interest Areas.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Educational Display on a selected topic from the project.
5. Be prepared to discuss your project experiences.

The Truth About Tobacco – Advanced

1. All 12 Interest Areas.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Educational Display on a selected topic from the project.
5. Be prepared to discuss your project experiences.

Your Thoughts Matter - Advanced

1. All 10 Activities, including Talking It Over questions
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Educational Display on a selected topic from the project.
5. Be prepared to discuss your project experiences.



Your Feelings Matter – Beginner

1. All 7 Interest Areas and all Talking It Over questions
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Completed Project Summary and Project Review.
5. Educational Display on a selected topic from the project.
6. Be prepared to discuss your project experiences.

Ohio State Fair Exhibition Day – Health Day

- ✿ Selections for the Ohio State Fair will be made during the Franklin County Fair and will be based on Franklin County Project Completion Requirements.

